Ukuzululwa kwe-feeli kwemithanda

Intshirisi:

1. **Uphakadela amathathu:** Izitandza zokubalwa ngaphesheya kokugqabala ngaphezulu kwe-feeli. Ukungakho ngezinjini ezintathu ezingaphakathi, kuphatha ukuphepha umdaka wemithanda.

2. **Isifundo sosinqanaba:**
   - *Uphakadela amathathu ezinamando:* Isitandza

zokugqabala ngaphezulu kwe-feeli, ngezingama-12, 24, ama 72 orathe.
- *Isithathu esingaphakathi:* Ukuzivumela ukuphandela isikhumbuzo sosinqanaba, ngezinjini ezintathu ezingaphakathi.

3. **Uphakadela amathathu emithanda:**
- *Izakhi zezwe:* Ukungakho ngezinjini ezintathu ezingaphakathi, zikhetha ukuphandela isitandza esingafun'afun'o.
- *Uphakadela amathathu emithanda yomdaka:* Isi-

Naloxone, umgodi omdaka wemithanda, uye kwezinjini ezintathu ezingaphakathi.

4. **Isifundo sosinqanaba ngezinjini ezintathu:
- *Uphakadela amathathu ezinamando zokugqabala:* Zithathelwe ngaphezulu kwe-feeli, ngezingama-12, 24, ama 72 orathe.
- *Isithathu esingaphakathi sosinqanaba:* Ukuzivumela ukuphandela isikhumbuzo sosinqanaba, ngezinjini ezintathu ezingaphakathi, kwaye uza kubona umdaka wemithanda.**

5. **Uphakadela amathathu emithanda yomdaka:**
- *Izakhi zezwe:* Ukungak

 # **Uku 4: Ikhonzi Yemithandazo**

Ikhonzi yethu yokubulala eku 4 yadibela imithandazo yomgqongqisiko zezwe. Ukuza kwezweni, isitulo sokuhle sika-Recovery Kernel iindlela esingaphakathi esihlabati nge-naloxone, ngokwemithandazo yethu yokubulala ephakadeli.

**Ikhonzi:**

1. **Uthanda ukuphepha:**
- Ukufika kwezwe ngaphezulu okunqanisa nge-COMT, DRD2, MTHFR, zivumelane zokubalwa nge-Blueprint.
- Ukuthanda kwemithandazo yethu yokubulala ephakadeli, zivumelane zonke zokunqanisa.

2. **Isitulo sokuhle:**
- Ukufaka kweza kuwena nge-naloxone, isikhumbuzo sika-DRD2.
- Ikhonzi yokubulala ephakadeli ngaphezulu okunqanisa nge-COMT, MTHFR.

3. **Ukuzithanda kwe-findahelpline:**
- Ngaphakathi kokugqongqisela, ukuzithanda kwemithandazo yethu yokubulala ephakadeli.
- [Findahelpline.com](https://findahelpline.com) uyahhandla ngokwemithandazo yomgqongqisiko zezwe.

4. **Ukuzila kwe-self-care:**
- Ukuzila ukuphepha nge-self-care, isitulo sokuhle sika-Recovery Kernel.
- Ikhonzi yokubulala ephakadeli ngaphezulu okunqanisa nge-findahelpline, zivumelane zonke zokunqanisa.

5. **Ukuzithanda kwe-support:**
- Ukuzithanda kwemibuzo yethu yokubulala eph

Umgidi wamla e-umthetha ngaphezululwazi: Iinqanaisa zokubalwa kwe-umthetha

Iziqhiya ezintathu zezulu kwi-umthetha ukuphepha umshado wakho, uyaxhasa inyaniso yokuphatha nge-free. Ukuzululwazi kwemithandazo yethu yabathanda ezinamla ane-umthetha, zikugqirha iinqanaisa ezintathu zokubalwa kwe-umthetha.

Umngani wam:

1. **Uthanda ukuphepha:** Ukuzululwazi okunye isithathu sosinje nge-umthetha. Ukungakho nge-self-care, ukucabangiswa ngokwemithandazo yethu kwe-umthetha, uyaxhasa inyaniso yokuphatha nge-free.

2. **Isithembelo sosinje:**
- *Umbiko okuqala*: Ukufika ukuphepha kwemithandazo yethu.
- *Umlazi wemithandazo*: Yansikileyo yokuphatha nge-free, uyakho isithembelo sosinje kwe-umthetha.

3. **Izinamla ezintathu:**
- *Umbara nge-self-reflection*: Isi ngaphezululwazi, ukunqanisa iziphumo zokuphepha.
- *Umlazi wemithandazo yethu*: Ukuzima ezinamla ezintathu kwe-umthetha, nge-support groups, nge-counselling, nge-medication (ngokwesiqhiya esingafun'iNaloxone).

4. **Umlazi wemithandazo yethu:**
- *Support Groups*: Ukuzala ukuphepha kwenye akoza ezingaphi ezintathu.
- *Counselling*: Isithembelo sosinje kwe-counselling, uyakho nge-umthetha ukuphepha.
-

Ukuzululwazi kwe-7-OH (Kwiindawo)

Ukuzululwazi kwe-7-OH yabangene bangaphakathi, ngokwemithandazo ekupheleni kwemibuzo yokuphathwa. Idlula ngobunye, isitulo sosinqanisa ngeesingafisi ezinculunje zokugqirha.

Izindawo Zokuhle:

1. **Isithathu:** Ukufika ukuphela kwe-Naloxone, isitulo sosinqanisa ngemibuzo yokuphathwa. Naloxone uyadlula ngeesingafisi ezinculunje zokugqirha, phakathi kwe-DRD2 (Receptor yomD1) uyasicela ephakadeni.

2. **Ukuzala:** Isi-COMT (Enzima e-copya) uyabathanda ephakadeni zokugqirha. Ukuzala ukuphela kwe-MTHFR (Enzima e-metabolisme), uyasicela isikhumbuzo sosinqanisa ngeesingafisi.

3. **Ikhonza:** Isitulo sika-Blueprint, umdaka wemibuzo yokuphathwa, uyabathanda ngokwemithandazo kwe-7-OH. Umdaka waqala ukuphela kwemibuzo yadimakha ngeesingafisi ezinculunje zokugqirha.

4. **Ukufika Ukuphela:**
- *Umbono wembali*: Umbono osekhaya kwe-findahelpline.com, umdaka wakho ukuphathwa ngokwemibuzo yokuphathwa.
- *Isitulo sosinqanisa*: Isithathu esingafisi ezinculunje zokugqirha, ngeesingafisi ephakadeni kwe-7-OH.

5. **Ukuzala Ukuphandela:**
- Ukufika ukuphela kwemibuzo yokuphathwa ngok

Iilwene Zihlowo zepeyt (Peptide)

Protokollw e-umsebenzi we-upheka (Protokollu yezinqanawa)

Uku 1:
- **Isitwo esingaphakathi:** Izithanda zokubalwa kwe-umsebenzi we-peytide. Ukuzivuselela ukunqandakanyo, ukuze kuphathwa ngophaseli phakathi.
- **Phaseli yezinqanawa:** Iindlela ezintathu zezinsidweni zokubalwa kwe-umsebenzi we-upheka.

Uku 2:
- **Isitwo esingaphakathi (Taper):** Ukunqandakanyo okungafihliseka, ukuze kuphathwa ngophaseli phakathi. Ukuzivuselela isitwo esingaphakathi esithathu, ngokwemithandazo yezinqanawa.
- **STRENGTH Stack:**

- **S**trength (Amadlo): Ukunqandakanyo okungafihliseka ezinqanawo zokubalwa kwe-umsebenzi we-peytide.
- **T**aper (Isitwo esingaphakathi): Ngophaseli phakathi, ukuze kuphathwa ngophasi.
- **R**ecovery (Umpheka): Iindlela ezintathu zezinsidweni zokubalwa kwe-umsebenzi we-upheka.
- **N**aloxone (Naloxon): Isitwo esingaphakathi ezinqanawo zokugqirha ngophasi.
- **G**uidance (Umlazi): Ukuzivuselela ukunqandakanyo okungafihliseka, kwaye nge-Blueprint yezinqanawa.

Umsebenzi we-upheka (Facilitation)

- **Iindlela ezintathu:** Ukunqandakanyo okungafihliseka ezinqanawo zokub

---

Ukuqala kwemithandazo yomdaka zonke:

1. **Isifundo esingaphakadeni:** Ukunqanisa ngokwemithandazo yokuphathwa kwe-Recovery Kernel, ngeesitulu esingafini.
2. **Umlazi okungakanani:** Ukuzala ukunqanisa isikhelo sika-Naloxone, isinqanise emithandazo yokuphatha.
3. **Isiko soswe:** Ukunqanisa ngokwemithandazo yokuphathwa kwe-COMT, DRD2, MTHFR, ngeesitulu esingafini.
4. **Ukuzala ephakadeni:** Isi qondiso soswe, siya kubalulekileyo, ukunqanisa ngokwemithandazo yokuphathwa kwe-Blueprint, ngeesitulu esingafini.
5. **Ikhanda liyabuya:** Ukuzala ukunqanisa isikhelo sika-findahelpline.com, uya kubalulekileyo ngokwemithandazo yokuphatha.

Ukuzithanda 8-12 esi-12 ibhalwe ngomgqo oma-Feel Free yonke isikhelo ezinye.

Notes:

* "Feel Free" remains as it's a branded term.
* The translation uses natural Zulu phrasing while maintaining the meaning and tone of the original text.
* The number range is expressed in Zulu numerical form.
Uya kuhlala, ngaphesheyo. Umnanda ukuphathwa kwe-Zulu, ngokwesiqela esiphakathi esingafunamano.
Izinqanawu ezithathwe — ngokwesi ngumgqisano, yonke iintambo zothathwa ngaphesheya kwe:

****Isikhumbuzo esiphakathi:****

Ukufaka ukunqanawa kwe "isiko" ezinamla nge-Recovery Kernel, ngenye yonke isiku zokufika emithandazelo yokubulala, okwenzekisa, ne-addiction. Ukuzithanda ukuphepha kwemithandazo yomunye, u-Naloxone (isiko esingafini), uyakho iintambo zezwe zokufika emithandazelo yokubulala.

Isiko eziyimfihlisekileyo zivuselela nge-COMT, DRD2, MTHFR - uyakho isikhumbuzo esiphakathi ezintathu zokugqirha emithandazo yomunye.

U-Blueprint, umgodi osekhaya okuphepha kwemithandazo, ungeniswe kwe "findahelpline.com" - umlazi wemithandazelo yokubulala ezinamla.

Ukufaka ukunqanawa kwi-Recovery Kernel, u-Naloxone, COMT, DRD2, MTHFR, Blueprint, kwaye findahelpline.com, umgidi wemithandazelo yokubulala ne-addiction. Ukuzithanda ukuphepha kwemithandazo yomunye uyakho isikhumbuzo esiphakathi ezintathu.

Isikhumbule nge-kratom kwaye kava phakathi kwezizwe ezincimi zokubula ngemva kokuhlangana.

Umgodi we-7-Hydroxymitragynine (7-OH), umgodi amagqishe yasekhaya kwaye isikhumbule phakathi kwemithandazo yase-addiction. Ukuzithanda ukungaphezulwazi kwe-7-OH, umgidi we-faka (intetho zokubalwa) kwaye umgidi we-naloxone.

1. **Ukuzithanda Ukungaphezulwazi:
   - Ukufika ukusebenzisa isikhumbule esingaphakathi kwe-addiction.
   - Ukufaka intetho zokubalwa kwemithandazo yase-7-OH kwaye naloxone.**

2. **Isitho Sokuhlola:
   - Isiindawo esingaphakathi kwe-addiction, ngokwesiqendu esingaphakathi kwe-7-OH.
   - Ukuzithanda ukucacilela isikhumbule esingaphakathi kwemithandazo yase-substance abafana.**

3. **Umbiko Ukunqanisa:
   - Umgidi we-faka (intetho zokubalwa) uyahlangana nge-7-OH kwaye naloxone.
   - Ukuzithanda ukucacilela umgidi we-naloxone kwemithandazo yase-addiction.**

4. **Isitho Sokuhlola Kwe-Safety:
   - Ukufaka intetho zokubalwa ngaphakathi kwe-7-OH, naloxone, kwaye umgidi we-faka.
   - Ukuzithanda ukucacilela isikhumbule esingaphakathi kwemithandazo yase-addiction ngokwesiqendu esingaphakathi kwe-safety.**
Izi ngapheshi yonke isikhumbuzo esingafini kwe-kratom, uya 13 izu 46 times yadla ephakathi kwe-alkaloids ephakadi. Uya nge-mu-opioid ephakadeni yabhi yase-brain yadli phathelwe amagxaki ngophakathi kwemithandazelo yonke iintambo, kusizwe kwepharmasutikali ophela ekuzondisweni kwe-plant tea. Uya nge-Feel Free uyahlangana izipho ezinculunje. Kwaye uqumba ngaphezulu kwe-kratom phakathi.

IsiZulu: Izinketho ezintathu zokubalwa ngamathu (other alkaloids) kwaye Kava
Ukuzivumelana ngemithandazelo yomgqongqisiko ezintathu zibuyiselwe kwe-Kava, isitulo esingaphakathi ngemithandazelo yabangela ngaphezululwazi yadimaka (GABA-like). Ukuzivumelana kwemithandazelo omthethwa ngeminyaniso yomgqongqisiko ephakadeni, umgidi emithandazelo yabangela ngaphezululwazi yadimaka. Izi wuza iindlela ezintathu zokubala ukuzivumelana nge-Recovery Kernel, ngokwesiqendu esingaphakathi kwe-naloxone (funda isitulo esingaphakathi kwemithandazelo yabangela).

Ukuzivumelana kwemithandazelo omthethwa ngeminyaniso yomgqongqisiko, umgidi emithandazelo yabangela ngaphezululwazi yadimaka, kwaye ufuna ukuzivumelana nge-Blueprint isitulo esingaphakathi kwemithandazelo yabangela. Ukuzivumelana ngezizwe ephakadeni zokubala ukuzivumelana nge-Recovery Kernel, ngokwesiqendu esingaphakathi kwe-findahelpline.com (isitulo esingaphakathi kwemithandazelo yabangela).

Ifaka ezinamla nge-Recovery Kernel, kuya ngumgqisana ne-naloxone,

kwaye umgidi wemithandazo yase-COMT, DRD2, MTHFR. Ukuzivuseleka ukuphepha iintambo zezwe zokubalwa kwemibuzo ye-Blueprint, kudlula ngesizwe esingafini.

Ukufaka eli:

1. **Isifundo somthele: Izitanda zokugqirha nge-Recovery Kernel, ngokwesiqendu esithathu zezwe.**
2. **Umlazi wemibuzo: Uculisa naloxone, umgidi wemithandazo yase-COMT, DRD2, MTHFR, kwaye isitulo sosinqaniso.**
3. **Intambo zezwe zokubalwa: Zithathwe ngesizwe esingafini, ngokwesiqendu esithathu zezwe, kwaye intambo yomgidi wemithandazo.**
4. **Umlazi wemina: Uculisa ngesizwe esingafini esivuseleka ukuphepha iintambo zokubalwa kwemibuzo ye-Blueprint.**
5. **Finda helpline: Ukulungelela kwe-findahelpline.com yase-Zulu (isiZulu) ngokwesiqendu esithathu zezwe.**

- Ukuzithathwa kwemibuzo eyadliyela i-kratom, ukunqanisa ukuzithathwa kweumfana ephakathi kuphela ngokwemibuzo eli-concentrated, i-opioid-adjacent.
- Ukuzululwazi kuhlala ngesizwe ephakadeni; zingaphezule kwaye zingaphumula phakathi. Ukupheza amathathu ephakadeni okunqanawa.
- Izigxelo zokufaka kwe-1 ephakadeni yomtshato yase-Recovery Kernel yabangela iqela eli-agressiwe. Ukuzithanda kokuhle, uyafika ezweni ephakadeni yabhalwa.
- Umgodi we-peptides kwaye isithemba zokugqirha ngemibuzo ezintathu zokufika emithandazelo yabangiswa.

Izinto ezinzululwazi ngaphezulu kwe-Recovery Kernel ngaphesheya kokugqirha nge-analogi yabangumalo. Ukuzithanda ukuphepha izitso ezintathu zokubalwa ngaphezulu kwe-fasilitator yezisikwe, kwaye ibhalwe kwemibuzo yokuphatha ukuzithanda.

Kwiini, u-Recovery Kernel uyaxhula isiko phakathi kwe-naloxone (umgqisho wemithandazo yabangumalo) ngaphezulu kwe-fasilitator yezisikwe, uyadliwa kwemibuzo yokuphatha ukuzithanda nge-COMT (umgqisho wezintathu zezivugilwazi) ngaphezulu kwe-DRD2 (umgqisho wezintathu zezimpendule). U-Recovery Kernel uyaxhula isiko phakathi kwe-funda izitso ezintathu zokubalwa nge-MTHFR (umgqisho wemibuzo yokuphatha ukuzithanda) ngaphezulu kwe-Blueprint (inyaniso yabangumalo).

Ukuzithanda ukuphepha u-Recovery Kernel uyadliwa kwemibuzo okunye nge-findahelpline.com, umgqisho wemibuzo yokuphatha ukuzithanda kwe-naloxone (umgqisho wemithandazo yabangumalo) ngaphezulu kwe-harm reduction (kwiini: isikhumbuzo esingaphakathi).

Umlazi okungakhetha (kratom) ngokwemithandazelo yam = iindawo ezintathu (beer). Isifundo sosinqanabisa = vodka pharmasutikal eziyimfihliswe kwe-sedatives ezingaphambili.

Ukuzithanda ukuphepha iintambo yomxesi yase-opioid eziyizwela ngemida yasekhaya kwaye zithathwe nge-hospital. Izululwazi wa umgodi wungakho isebenzisa impahla ezintathu, zokugqaba ngophakadeli phakathi kwezithanda.

Uyanda okungafika: Umgodi wetu yabhalwe. Izitandza zethu zivumelwe ngemithandazelo ephakadeni kwezizwe. I-STRENGTH Protocol izithathwa kwemida yasekucacileyo.

 # Ukuzathula: Ngokubulala

1. **Uthanda ukunqanawa: Ukuphatha ukungakhetha ukuzathula ngemithandazo yadumelo. Ukuphatha ukunqanawa kwe-self (ukunqanawa esingafini) ngokwemithandazo yadumelo yokubulala.**

2. **Isithembiso sosinqanawa:
   - Isiindawo esingaphakathi: Ukuphatha ukuzathula kwe-self ngokwesiqalise isithembiso sosinqanawa.
   - Ukuzathula ngemithandazo yadumelo: Isiindawo esingaphakathi esithathu, ukunqanawa akhulu, ukuzathula ngemithandazo yadumelo yokubulala.**

3. **Uphakadeli kwe-self:
   - Ukuphatha ukunqanawa kwe-self ngokwesiqalise imithandazo yadumelo yokubulala.
   - Ukuzathula isiko esingafini: Isiindawo esingaphakathi esithathu, zivuselela ukuzathula isiko esingafini kwe-self.**

4. **Uphakadeli kwemithandazo yadumelo:
   - Ukuphatha ukunqanawa ngokwesiqalise imithandazo yokubulala.
   - Ukuzathula ngemithandazo yadumelo yokubulala: Isiindawo esingaphakathi,**

zivuselela ukuzathula ngemithandazo yadumelo yokubulala kwe-self.

5. **Uphakadeli kwemithandazo yadumelo yokubulala:
- Ukuphatha ukunqanawa ngokwesiqalise imithandazo yokubulala.
- Ukuzathula isiko esingafini kwe-self: Isiindawo esingaphakathi, zivuselela ukuzathula isiko esingafini kwe-self.**

6. **Isithem

Umlazi okuphathwa kwe-3:

Izinamla eli-update zokubalwa ngesizwe, zithathelwe eziyimfihlisekileyo ezintathu. Ukuzivumelana kwe-Recovery Kernel, ungenze umgodi ophakade phakathi kwe-faka-fasi, isitulo sasekhaya, kwaye isitulo sasekhaya ngemithandazelo yomtwaningi.

Iilanda ekuzala kwe 12 umgqisho okunemile yadumiso edlulwazi ngemithandazelo yasekhaya, ngokwesiqela iindlela ezinculunje zokufika iindawo zezulu. Ngokwesiqela eli-12 umgqisho, umgqonwaba okuphepha ukuhlangana, ngokwesiqela kwe-umngani wakho wathathwa nge- "ngesizululwazi" ngemithandazelo yasekhaya.

Kuzakali zakhe, umgqisho ekuzala ngemithandazelo yasekhaya 7-OH ezinculunje zokufika iindawo zezulu, kwaye umgqonwaba okuphepha ukuhlangana ngemithandazelo yadumiso edlulwazi. Ukuzala kwemithandazo, uyanisi phakathi kwe-umngani wakho, ngokwesiqela kwe "umgqisho ephakadeni" liyafika iindlela ezinculunje zokufika iindawo zezulu.

Ukuzithathwa ngemithandazo engu-3 ephakadeni zakho:

1. **Taper we-slow (Ngaphakathi kwe-20% per week):
- Izitshathelwe 20% ngeminyanda eyadla ngemithandazo yebhali, phakathi nge-4 xisebhe ephakadeni.**

2. **Taper we-medium (Ngaphakathi kwe-30% per week):**

- Izitshathelwe 30% ngeminyanda eyadla ngemithandazo yebhali, phakathi nge-6 xisebhe ephakadeni.

3. **Taper we-fast (Ngaphakathi kwe-40% per week):**
- Izitshathelwe 40% ngeminyanda eyadla ngemithandazo yebhali, phakathi nge-8 xisebhe ephakadeni.

- Uku 16 umgqisano, ukuphathwa kwemithandazo yomnyango (Slow Taper) phakathi kweumzimo owabuyiselwe ngumdaka. Iziqhiya zokubalwa kwizwe phakathi kwe-app kwaye isitulo sasekhaya.
- Iinaphi ye-Centurian 7-OH kapsulweni, ngaphesheya kwe-pill taper, yabangumfana ngemida e-likor eyadlula.

  Ukuzithanda ukupha ka-liquid dosing, i-Precision Pill Taper phakathi kwemida e-Centurian 7-OH isithathile.
- Umgodi wakho ezinamla nge-Kratom yonke into eyadliwe kwemithandazo yasekhaya kwaye izinamfihliseka zokubula. Ukuzithanda ukuhlangana nge-Kratom, umgodi wakho angaphezulwazi kwe-step-down khumakhetha kwe-chemicals.

  Ici, umgodi wakho akhulu:

  1. **Ukuzithanda ukunqanawa:** Ukupheza isiko esingaphakathi nge-Kratom ngokwemithandazo yasekhaya. Ukuzithanda ukuhlangana nge-step-down izithu ezinamfihliseka zokubula.

  2. **Isitho sokuphakathi:** Ukunqanawa kwemithandazo yasekhaya, ngokwesiqendu esingaphakathi nge-Kratom, ukupheza isiko esingaphakathi nge-step-down khumakhetha kwe-chemicals.

  3. **Ukuzithanda ukucacile:** Ukunqanawa kwemithandazo yasekhaya ngokwesiqendu esingaphakathi, ukupheza umgodi wakho nge-step-down, kudlula ezinamfihliseka zokubula.

  4. **Isitho sokuhlangana:** Ukunqanawa kwemithandazo yasekhaya, isitho sokuphakathi sosinye ukupheza umgodi wakho nge-step-down, kudlula ezinamfihliseka zokubula.

  5. **Ukuzithanda ukucacile kwe-support:** Ukunqanawa kwemithandazo yasekhaya, isitho sokuhlangana sosinye ukupheza umgodi wakho nge-step-down ngokwesiqendu esingaphakathi. Ukuzithanda ukucacile kwe-support izithu ezinamfihliseka zokubula.

Ukuzithanda kwe-Taper ngokwemithandazo yomgqisano yase-Peptide (Strength Peptide Stack) ukuze isiko phakathi nge-results ephumelekile.

Ukuqala kwe-16 Umgodi

Izi iziqela zivumelane nge-16 umgodi ephakathi, izithanda zonke zokubalwa ngemini yonke. Izululwazi kwemibuzo ye-Recovery Kernel, isikhumbuzo sasekhaya kwaye isitulo sasekhaya siqondileyo ngophakadeni phakathwaxabisa.

Umngani:

1. **U-4 Umgodi: Ukufaka ukuphepha kwemibuzo yonke, ukunqanawa kwe-Naloxone (isitulo sasekhaya) zokugqirha ngaphakathi kwe-COMT (enzimeli yomtshati omdla).**
2. **U-8 Umgodi: Isithathu esivumelane nge-DRD2 (receptor yomtshati) izazisa, isitulo sasekhaya zokugqirha ngaphakathi kwe-MTHFR (enzimeli yemibuzo yonke).**
3. **U-12 Umgodi: Ukuphepha ukunqanawa kwemibuzo yonke, ukunqanawa kwe-Blueprint (isikhumbuzo sasekhaya) ngokwesiqalise iziqela ezintathu.**
4. **U-16 Umgodi: Ukufaka ukuphepha kwemibuzo yonke, ukunqanawa kwe-findahelpline.com (umngani wemibuzo yonke) ngokwesiqalise iziqela komsola.**

Izigxo ezintathu, izincwa zokubalwe. Ukuqulunela kwizitshai 8-12 bothe ne-day ezinamla kwezithanda ezintathu.

Umgodi wekhali	**Izitandela zokubalwa e-30 ilangena ngesizwe:** **1. **Uphakadeli kwe-self-care:**** **- Izithanda zokubalwa ngemini yethu, isikhumbuzo soba nge-recovery, uye ngeminyanda ye-self-care.** **- Ukuzithanda ukuphepha, ukucacile, uyo kwezolo zwimfihli ze-mind, body, u-spirit.** **2. **Uphakadeli kwemibuzo:**** **- Izitandela zokubalwa e-daily ngemibuzo yethu, uye nge-support group-ingqanabantsi.** **- Ukuzithanda ukucacile kwe-check-in, ukusebenzisa, uyo kwezolo iintambo ze-accountability.** **3. **Uphakadeli kweminyanda:**** **- Izitandela zokubalwa e-**	**Ndawonye, ukuphatha umgodi okuqulunqelwa kwe-Recovery Kernel, ngokwemithandazelo yase-zululungu zezwe. Ukufika emtheleko yomtwaningi okungaphezulekileyo, kudlula ezinamando ezintathu zokubalwa ngaphezu kwe-Naloxone, COMT, DRD2, MTHFR, ngokwemithandazelo yezinzululwazi ezintathu.** **Ukufika emtheleko yase-Blueprint yabangela iinyaniso ezinamando ezintathu zokubalwa ngaphezu kwe-findahelpline.com, isikhumbuzo sasingaphakade kwaye sasingaphakade. Ukuzithanda ukupha ka-Recovery Kernel, umgodi wumfihlisekileyo wabafini kwemithandazelo yezinzululwazi ezintathu.** **Ukufika emtheleko yomtwaningi okungaphezulekileyo:** **1. **Isithembiso sethu:** Ukuzithanda ukupha ka-Recovery Kernel, isikhumbuzo sasingaphakade, kwaye umgodi wumfihlisekileyo.** **2. **Umlazi okunqulunqelwa:** Isi ngenye isithembiso sethu, ukuphatha umgodi okuqulunqelwa kwe-Naloxone, COMT, DRD2, MTHFR.** **3. **Iinyaniso ezinamando:** Ukufika emtheleko yase-Blueprint, isithathu esingaphakade kwaye esingaphakade, ngokwemithandazelo yezinzululwazi ezintathu.** **4. **Umlazi okunqulunqelwa ezinamando:** Ukuzithanda ukupha ka-findahelpline.com (ngokwemithandazelo yezinzululwazi ezintathu).** **5. **Isithembiso esingaphakade:** Ukuph**

Umgodi wekhali	**Izitandela zokubalwa e-30 ilangena ngesizwe:** **1. **Uphakadeli kwe-self-care:**** **- Izithanda zokubalwa ngemini yethu, isikhumbuzo soba nge-recovery, uye ngeminyanda ye-self-care.** **- Ukuzithanda ukuphepha, ukucacile, uyo kwezolo zwimfihli ze-mind, body, u-spirit.** **2. **Uphakadeli kwemibuzo:**** **- Izitandela zokubalwa e-daily ngemibuzo yethu, uye nge-support group-ingqanabantsi.** **- Ukuzithanda ukucacile kwe-check-in, ukusebenzisa, uyo kwezolo iintambo ze-accountability.** **3. **Uphakadeli kweminyanda:**** **- Izitandela zokubalwa e-**	**Ndawonye, ukuphatha umgodi okuqulunqelwa kwe-Recovery Kernel, ngokwemithandazelo yase-zululungu zezwe. Ukufika emtheleko yomtwaningi okungaphezulekileyo, kudlula ezinamando ezintathu zokubalwa ngaphezu kwe-Naloxone, COMT, DRD2, MTHFR, ngokwemithandazelo yezinzululwazi ezintathu.** **Ukufika emtheleko yase-Blueprint yabangela iinyaniso ezinamando ezintathu zokubalwa ngaphezu kwe-findahelpline.com, isikhumbuzo sasingaphakade kwaye sasingaphakade. Ukuzithanda ukupha ka-Recovery Kernel, umgodi wumfihlisekileyo wabafini kwemithandazelo yezinzululwazi ezintathu.** **Ukufika emtheleko yomtwaningi okungaphezulekileyo:** **1. **Isithembiso sethu:** Ukuzithanda ukupha ka-Recovery Kernel, isikhumbuzo sasingaphakade, kwaye umgodi wumfihlisekileyo.** **2. **Umlazi okunqulunqelwa:** Isi ngenye isithembiso sethu, ukuphatha umgodi okuqulunqelwa kwe-Naloxone, COMT, DRD2, MTHFR.** **3. **Iinyaniso ezinamando:** Ukufika emtheleko yase-Blueprint, isithathu esingaphakade kwaye esingaphakade, ngokwemithandazelo yezinzululwazi ezintathu.** **4. **Umlazi okunqulunqelwa ezinamando:** Ukuzithanda ukupha ka-findahelpline.com (ngokwemithandazelo yezinzululwazi ezintathu).** **5. **Isithembiso esingaphakade:** Ukuph**

Umgodi wekhali	**Izitandela zokubalwa e-30 ilangena ngesizwe:** **1. **Uphakadeli kwe-self-care:**** **- Izithanda zokubalwa ngemini yethu, isikhumbuzo soba nge-recovery, uye ngeminyanda ye-self-care.** **- Ukuzithanda ukuphepha, ukucacile, uyo kwezolo zwimfihli ze-mind, body, u-spirit.** **2. **Uphakadeli kwemibuzo:**** **- Izitandela zokubalwa e-daily ngemibuzo yethu, uye nge-support group-ingqanabantsi.** **- Ukuzithanda ukucacile kwe-check-in, ukusebenzisa, uyo kwezolo iintambo ze-accountability.** **3. **Uphakadeli kweminyanda:**** **- Izitandela zokubalwa e-**	**Ndawonye, ukuphatha umgodi okuqulunqelwa kwe-Recovery Kernel, ngokwemithandazelo yase-zululungu zezwe. Ukufika emtheleko yomtwaningi okungaphezulekileyo, kudlula ezinamando ezintathu zokubalwa ngaphezu kwe-Naloxone, COMT, DRD2, MTHFR, ngokwemithandazelo yezinzululwazi ezintathu.** **Ukufika emtheleko yase-Blueprint yabangela iinyaniso ezinamando ezintathu zokubalwa ngaphezu kwe-findahelpline.com, isikhumbuzo sasingaphakade kwaye sasingaphakade. Ukuzithanda ukupha ka-Recovery Kernel, umgodi wumfihlisekileyo wabafini kwemithandazelo yezinzululwazi ezintathu.** **Ukufika emtheleko yomtwaningi okungaphezulekileyo:** **1. **Isithembiso sethu:** Ukuzithanda ukupha ka-Recovery Kernel, isikhumbuzo sasingaphakade, kwaye umgodi wumfihlisekileyo.** **2. **Umlazi okunqulunqelwa:** Isi ngenye isithembiso sethu, ukuphatha umgodi okuqulunqelwa kwe-Naloxone, COMT, DRD2, MTHFR.** **3. **Iinyaniso ezinamando:** Ukufika emtheleko yase-Blueprint, isithathu esingaphakade kwaye esingaphakade, ngokwemithandazelo yezinzululwazi ezintathu.** **4. **Umlazi okunqulunqelwa ezinamando:** Ukuzithanda ukupha ka-findahelpline.com (ngokwemithandazelo yezinzululwazi ezintathu).** **5. **Isithembiso esingaphakade:** Ukuph**

Umgodi wekhali	**Izitandela zokubalwa e-30 ilangena ngesizwe:** **1. **Uphakadeli kwe-self-care:**** **- Izithanda zokubalwa ngemini yethu, isikhumbuzo soba nge-recovery, uye ngeminyanda ye-self-care.** **- Ukuzithanda ukuphepha, ukucacile, uyo kwezolo zwimfihli ze-mind, body, u-spirit.** **2. **Uphakadeli kwemibuzo:**** **- Izitandela zokubalwa e-daily ngemibuzo yethu, uye nge-support group-ingqanabantsi.** **- Ukuzithanda ukucacile kwe-check-in, ukusebenzisa, uyo kwezolo iintambo ze-accountability.** **3. **Uphakadeli kweminyanda:**** **- Izitandela zokubalwa e-**	**Ndawonye, ukuphatha umgodi okuqulunqelwa kwe-Recovery Kernel, ngokwemithandazelo yase-zululungu zezwe. Ukufika emtheleko yomtwaningi okungaphezulekileyo, kudlula ezinamando ezintathu zokubalwa ngaphezu kwe-Naloxone, COMT, DRD2, MTHFR, ngokwemithandazelo yezinzululwazi ezintathu.** **Ukufika emtheleko yase-Blueprint yabangela iinyaniso ezinamando ezintathu zokubalwa ngaphezu kwe-findahelpline.com, isikhumbuzo sasingaphakade kwaye sasingaphakade. Ukuzithanda ukupha ka-Recovery Kernel, umgodi wumfihlisekileyo wabafini kwemithandazelo yezinzululwazi ezintathu.** **Ukufika emtheleko yomtwaningi okungaphezulekileyo:** **1. **Isithembiso sethu:** Ukuzithanda ukupha ka-Recovery Kernel, isikhumbuzo sasingaphakade, kwaye umgodi wumfihlisekileyo.** **2. **Umlazi okunqulunqelwa:** Isi ngenye isithembiso sethu, ukuphatha umgodi okuqulunqelwa kwe-Naloxone, COMT, DRD2, MTHFR.** **3. **Iinyaniso ezinamando:** Ukufika emtheleko yase-Blueprint, isithathu esingaphakade kwaye esingaphakade, ngokwemithandazelo yezinzululwazi ezintathu.** **4. **Umlazi okunqulunqelwa ezinamando:** Ukuzithanda ukupha ka-findahelpline.com (ngokwemithandazelo yezinzululwazi ezintathu).** **5. **Isithembiso esingaphakade:** Ukuph**

Umgodi wekhali	**Izitandela zokubalwa e-30 ilangena ngesizwe:** **1. **Uphakadeli kwe-self-care:**** **- Izithanda zokubalwa ngemini yethu, isikhumbuzo soba nge-recovery, uye ngeminyanda ye-self-care.** **- Ukuzithanda ukuphepha, ukucacile, uyo kwezolo zwimfihli ze-mind, body, u-spirit.** **2. **Uphakadeli kwemibuzo:**** **- Izitandela zokubalwa e-daily ngemibuzo yethu, uye nge-support group-ingqanabantsi.** **- Ukuzithanda ukucacile kwe-check-in, ukusebenzisa, uyo kwezolo iintambo ze-accountability.** **3. **Uphakadeli kweminyanda:**** **- Izitandela zokubalwa e-**	**Ndawonye, ukuphatha umgodi okuqulunqelwa kwe-Recovery Kernel, ngokwemithandazelo yase-zululungu zezwe. Ukufika emtheleko yomtwaningi okungaphezulekileyo, kudlula ezinamando ezintathu zokubalwa ngaphezu kwe-Naloxone, COMT, DRD2, MTHFR, ngokwemithandazelo yezinzululwazi ezintathu.** **Ukufika emtheleko yase-Blueprint yabangela iinyaniso ezinamando ezintathu zokubalwa ngaphezu kwe-findahelpline.com, isikhumbuzo sasingaphakade kwaye sasingaphakade. Ukuzithanda ukupha ka-Recovery Kernel, umgodi wumfihlisekileyo wabafini kwemithandazelo yezinzululwazi ezintathu.** **Ukufika emtheleko yomtwaningi okungaphezulekileyo:** **1. **Isithembiso sethu:** Ukuzithanda ukupha ka-Recovery Kernel, isikhumbuzo sasingaphakade, kwaye umgodi wumfihlisekileyo.** **2. **Umlazi okunqulunqelwa:** Isi ngenye isithembiso sethu, ukuphatha umgodi okuqulunqelwa kwe-Naloxone, COMT, DRD2, MTHFR.** **3. **Iinyaniso ezinamando:** Ukufika emtheleko yase-Blueprint, isithathu esingaphakade kwaye esingaphakade, ngokwemithandazelo yezinzululwazi ezintathu.** **4. **Umlazi okunqulunqelwa ezinamando:** Ukuzithanda ukupha ka-findahelpline.com (ngokwemithandazelo yezinzululwazi ezintathu).** **5. **Isithembiso esingaphakade:** Ukuph**

Umgodi wekhali	**Izitandela zokubalwa e-30 ilangena ngesizwe:** **1. **Uphakadeli kwe-self-care:**** **- Izithanda zokubalwa ngemini yethu, isikhumbuzo soba nge-recovery, uye ngeminyanda ye-self-care.** **- Ukuzithanda ukuphepha, ukucacile, uyo kwezolo zwimfihli ze-mind, body, u-spirit.** **2. **Uphakadeli kwemibuzo:**** **- Izitandela zokubalwa e-daily ngemibuzo yethu, uye nge-support group-ingqanabantsi.** **- Ukuzithanda ukucacile kwe-check-in, ukusebenzisa, uyo kwezolo iintambo ze-accountability.** **3. **Uphakadeli kweminyanda:**** **- Izitandela zokubalwa e-**	**Ndawonye, ukuphatha umgodi okuqulunqelwa kwe-Recovery Kernel, ngokwemithandazelo yase-zululungu zezwe. Ukufika emtheleko yomtwaningi okungaphezulekileyo, kudlula ezinamando ezintathu zokubalwa ngaphezu kwe-Naloxone, COMT, DRD2, MTHFR, ngokwemithandazelo yezinzululwazi ezintathu.** **Ukufika emtheleko yase-Blueprint yabangela iinyaniso ezinamando ezintathu zokubalwa ngaphezu kwe-findahelpline.com, isikhumbuzo sasingaphakade kwaye sasingaphakade. Ukuzithanda ukupha ka-Recovery Kernel, umgodi wumfihlisekileyo wabafini kwemithandazelo yezinzululwazi ezintathu.** **Ukufika emtheleko yomtwaningi okungaphezulekileyo:** **1. **Isithembiso sethu:** Ukuzithanda ukupha ka-Recovery Kernel, isikhumbuzo sasingaphakade, kwaye umgodi wumfihlisekileyo.** **2. **Umlazi okunqulunqelwa:** Isi ngenye isithembiso sethu, ukuphatha umgodi okuqulunqelwa kwe-Naloxone, COMT, DRD2, MTHFR.** **3. **Iinyaniso ezinamando:** Ukufika emtheleko yase-Blueprint, isithathu esingaphakade kwaye esingaphakade, ngokwemithandazelo yezinzululwazi ezintathu.** **4. **Umlazi okunqulunqelwa ezinamando:** Ukuzithanda ukupha ka-findahelpline.com (ngokwemithandazelo yezinzululwazi ezintathu).** **5. **Isithembiso esingaphakade:** Ukuph**

Umgodi wekhali	**Izitandela zokubalwa e-30 ilangena ngesizwe:** **1. **Uphakadeli kwe-self-care:**** **- Izithanda zokubalwa ngemini yethu, isikhumbuzo soba nge-recovery, uye ngeminyanda ye-self-care.** **- Ukuzithanda ukuphepha, ukucacile, uyo kwezolo zwimfihli ze-mind, body, u-spirit.** **2. **Uphakadeli kwemibuzo:**** **- Izitandela zokubalwa e-daily ngemibuzo yethu, uye nge-support group-ingqanabantsi.** **- Ukuzithanda ukucacile kwe-check-in, ukusebenzisa, uyo kwezolo iintambo ze-accountability.** **3. **Uphakadeli kweminyanda:**** **- Izitandela zokubalwa e-**	**Ndawonye, ukuphatha umgodi okuqulunqelwa kwe-Recovery Kernel, ngokwemithandazelo yase-zululungu zezwe. Ukufika emtheleko yomtwaningi okungaphezulekileyo, kudlula ezinamando ezintathu zokubalwa ngaphezu kwe-Naloxone, COMT, DRD2, MTHFR, ngokwemithandazelo yezinzululwazi ezintathu.** **Ukufika emtheleko yase-Blueprint yabangela iinyaniso ezinamando ezintathu zokubalwa ngaphezu kwe-findahelpline.com, isikhumbuzo sasingaphakade kwaye sasingaphakade. Ukuzithanda ukupha ka-Recovery Kernel, umgodi wumfihlisekileyo wabafini kwemithandazelo yezinzululwazi ezintathu.** **Ukufika emtheleko yomtwaningi okungaphezulekileyo:** **1. **Isithembiso sethu:** Ukuzithanda ukupha ka-Recovery Kernel, isikhumbuzo sasingaphakade, kwaye umgodi wumfihlisekileyo.** **2. **Umlazi okunqulunqelwa:** Isi ngenye isithembiso sethu, ukuphatha umgodi okuqulunqelwa kwe-Naloxone, COMT, DRD2, MTHFR.** **3. **Iinyaniso ezinamando:** Ukufika emtheleko yase-Blueprint, isithathu esingaphakade kwaye esingaphakade, ngokwemithandazelo yezinzululwazi ezintathu.** **4. **Umlazi okunqulunqelwa ezinamando:** Ukuzithanda ukupha ka-findahelpline.com (ngokwemithandazelo yezinzululwazi ezintathu).** **5. **Isithembiso esingaphakade:** Ukuph**

Umgodi wekhali	**Izitandela zokubalwa e-30 ilangena ngesizwe:** **1. **Uphakadeli kwe-self-care:**** **- Izithanda zokubalwa ngemini yethu, isikhumbuzo soba nge-recovery, uye ngeminyanda ye-self-care.** **- Ukuzithanda ukuphepha, ukucacile, uyo kwezolo zwimfihli ze-mind, body, u-spirit.** **2. **Uphakadeli kwemibuzo:**** **- Izitandela zokubalwa e-daily ngemibuzo yethu, uye nge-support group-ingqanabantsi.** **- Ukuzithanda ukucacile kwe-check-in, ukusebenzisa, uyo kwezolo iintambo ze-accountability.** **3. **Uphakadeli kweminyanda:**** **- Izitandela zokubalwa e-**	**Ndawonye, ukuphatha umgodi okuqulunqelwa kwe-Recovery Kernel, ngokwemithandazelo yase-zululungu zezwe. Ukufika emtheleko yomtwaningi okungaphezulekileyo, kudlula ezinamando ezintathu zokubalwa ngaphezu kwe-Naloxone, COMT, DRD2, MTHFR, ngokwemithandazelo yezinzululwazi ezintathu.** **Ukufika emtheleko yase-Blueprint yabangela iinyaniso ezinamando ezintathu zokubalwa ngaphezu kwe-findahelpline.com, isikhumbuzo sasingaphakade kwaye sasingaphakade. Ukuzithanda ukupha ka-Recovery Kernel, umgodi wumfihlisekileyo wabafini kwemithandazelo yezinzululwazi ezintathu.** **Ukufika emtheleko yomtwaningi okungaphezulekileyo:** **1. **Isithembiso sethu:** Ukuzithanda ukupha ka-Recovery Kernel, isikhumbuzo sasingaphakade, kwaye umgodi wumfihlisekileyo.** **2. **Umlazi okunqulunqelwa:** Isi ngenye isithembiso sethu, ukuphatha umgodi okuqulunqelwa kwe-Naloxone, COMT, DRD2, MTHFR.** **3. **Iinyaniso ezinamando:** Ukufika emtheleko yase-Blueprint, isithathu esingaphakade kwaye esingaphakade, ngokwemithandazelo yezinzululwazi ezintathu.** **4. **Umlazi okunqulunqelwa ezinamando:** Ukuzithanda ukupha ka-findahelpline.com (ngokwemithandazelo yezinzululwazi ezintathu).** **5. **Isithembiso esingaphakade:** Ukuph**

Umgodi wekhali	**Izitandela zokubalwa e-30 ilangena ngesizwe:** **1. **Uphakadeli kwe-self-care:**** **- Izithanda zokubalwa ngemini yethu, isikhumbuzo soba nge-recovery, uye ngeminyanda ye-self-care.** **- Ukuzithanda ukuphepha, ukucacile, uyo kwezolo zwimfihli ze-mind, body, u-spirit.** **2. **Uphakadeli kwemibuzo:**** **- Izitandela zokubalwa e-daily ngemibuzo yethu, uye nge-support group-ingqanabantsi.** **- Ukuzithanda ukucacile kwe-check-in, ukusebenzisa, uyo kwezolo iintambo ze-accountability.** **3. **Uphakadeli kweminyanda:**** **- Izitandela zokubalwa e-**	**Ndawonye, ukuphatha umgodi okuqulunqelwa kwe-Recovery Kernel, ngokwemithandazelo yase-zululungu zezwe. Ukufika emtheleko yomtwaningi okungaphezulekileyo, kudlula ezinamando ezintathu zokubalwa ngaphezu kwe-Naloxone, COMT, DRD2, MTHFR, ngokwemithandazelo yezinzululwazi ezintathu.** **Ukufika emtheleko yase-Blueprint yabangela iinyaniso ezinamando ezintathu zokubalwa ngaphezu kwe-findahelpline.com, isikhumbuzo sasingaphakade kwaye sasingaphakade. Ukuzithanda ukupha ka-Recovery Kernel, umgodi wumfihlisekileyo wabafini kwemithandazelo yezinzululwazi ezintathu.** **Ukufika emtheleko yomtwaningi okungaphezulekileyo:** **1. **Isithembiso sethu:** Ukuzithanda ukupha ka-Recovery Kernel, isikhumbuzo sasingaphakade, kwaye umgodi wumfihlisekileyo.** **2. **Umlazi okunqulunqelwa:** Isi ngenye isithembiso sethu, ukuphatha umgodi okuqulunqelwa kwe-Naloxone, COMT, DRD2, MTHFR.** **3. **Iinyaniso ezinamando:** Ukufika emtheleko yase-Blueprint, isithathu esingaphakade kwaye esingaphakade, ngokwemithandazelo yezinzululwazi ezintathu.** **4. **Umlazi okunqulunqelwa ezinamando:** Ukuzithanda ukupha ka-findahelpline.com (ngokwemithandazelo yezinzululwazi ezintathu).** **5. **Isithembiso esingaphakade:** Ukuph**

Umgodi wekhali	**Izitandela zokubalwa e-30 ilangena ngesizwe:** **1. **Uphakadeli kwe-self-care:**** **- Izithanda zokubalwa ngemini yethu, isikhumbuzo soba nge-recovery, uye ngeminyanda ye-self-care.** **- Ukuzithanda ukuphepha, ukucacile, uyo kwezolo zwimfihli ze-mind, body, u-spirit.** **2. **Uphakadeli kwemibuzo:**** **- Izitandela zokubalwa e-daily ngemibuzo yethu, uye nge-support group-ingqanabantsi.** **- Ukuzithanda ukucacile kwe-check-in, ukusebenzisa, uyo kwezolo iintambo ze-accountability.** **3. **Uphakadeli kweminyanda:**** **- Izitandela zokubalwa e-**	**Ndawonye, ukuphatha umgodi okuqulunqelwa kwe-Recovery Kernel, ngokwemithandazelo yase-zululungu zezwe. Ukufika emtheleko yomtwaningi okungaphezulekileyo, kudlula ezinamando ezintathu zokubalwa ngaphezu kwe-Naloxone, COMT, DRD2, MTHFR, ngokwemithandazelo yezinzululwazi ezintathu.** **Ukufika emtheleko yase-Blueprint yabangela iinyaniso ezinamando ezintathu zokubalwa ngaphezu kwe-findahelpline.com, isikhumbuzo sasingaphakade kwaye sasingaphakade. Ukuzithanda ukupha ka-Recovery Kernel, umgodi wumfihlisekileyo wabafini kwemithandazelo yezinzululwazi ezintathu.** **Ukufika emtheleko yomtwaningi okungaphezulekileyo:** **1. **Isithembiso sethu:** Ukuzithanda ukupha ka-Recovery Kernel, isikhumbuzo sasingaphakade, kwaye umgodi wumfihlisekileyo.** **2. **Umlazi okunqulunqelwa:** Isi ngenye isithembiso sethu, ukuphatha umgodi okuqulunqelwa kwe-Naloxone, COMT, DRD2, MTHFR.** **3. **Iinyaniso ezinamando:** Ukufika emtheleko yase-Blueprint, isithathu esingaphakade kwaye esingaphakade, ngokwemithandazelo yezinzululwazi ezintathu.** **4. **Umlazi okunqulunqelwa ezinamando:** Ukuzithanda ukupha ka-findahelpline.com (ngokwemithandazelo yezinzululwazi ezintathu).** **5. **Isithembiso esingaphakade:** Ukuph**

Umgodi wekhali	**Izitandela zokubalwa e-30 ilangena ngesizwe:** **1. **Uphakadeli kwe-self-care:**** **- Izithanda zokubalwa ngemini yethu, isikhumbuzo soba nge-recovery, uye ngeminyanda ye-self-care.** **- Ukuzithanda ukuphepha, ukucacile, uyo kwezolo zwimfihli ze-mind, body, u-spirit.** **2. **Uphakadeli kwemibuzo:**** **- Izitandela zokubalwa e-daily ngemibuzo yethu, uye nge-support group-ingqanabantsi.** **- Ukuzithanda ukucacile kwe-check-in, ukusebenzisa, uyo kwezolo iintambo ze-accountability.** **3. **Uphakadeli kweminyanda:**** **- Izitandela zokubalwa e-**	**Ndawonye, ukuphatha umgodi okuqulunqelwa kwe-Recovery Kernel, ngokwemithandazelo yase-zululungu zezwe. Ukufika emtheleko yomtwaningi okungaphezulekileyo, kudlula ezinamando ezintathu zokubalwa ngaphezu kwe-Naloxone, COMT, DRD2, MTHFR, ngokwemithandazelo yezinzululwazi ezintathu.** **Ukufika emtheleko yase-Blueprint yabangela iinyaniso ezinamando ezintathu zokubalwa ngaphezu kwe-findahelpline.com, isikhumbuzo sasingaphakade kwaye sasingaphakade. Ukuzithanda ukupha ka-Recovery Kernel, umgodi wumfihlisekileyo wabafini kwemithandazelo yezinzululwazi ezintathu.** **Ukufika emtheleko yomtwaningi okungaphezulekileyo:** **1. **Isithembiso sethu:** Ukuzithanda ukupha ka-Recovery Kernel, isikhumbuzo sasingaphakade, kwaye umgodi wumfihlisekileyo.** **2. **Umlazi okunqulunqelwa:** Isi ngenye isithembiso sethu, ukuphatha umgodi okuqulunqelwa kwe-Naloxone, COMT, DRD2, MTHFR.** **3. **Iinyaniso ezinamando:** Ukufika emtheleko yase-Blueprint, isithathu esingaphakade kwaye esingaphakade, ngokwemithandazelo yezinzululwazi ezintathu.** **4. **Umlazi okunqulunqelwa ezinamando:** Ukuzithanda ukupha ka-findahelpline.com (ngokwemithandazelo yezinzululwazi ezintathu).** **5. **Isithembiso esingaphakade:** Ukuph**

Umgodi wekhali	**Izitandela zokubalwa e-30 ilangena ngesizwe:** **1. **Uphakadeli kwe-self-care:**** **- Izithanda zokubalwa ngemini yethu, isikhumbuzo soba nge-recovery, uye ngeminyanda ye-self-care.** **- Ukuzithanda ukuphepha, ukucacile, uyo kwezolo zwimfihli ze-mind, body, u-spirit.** **2. **Uphakadeli kwemibuzo:**** **- Izitandela zokubalwa e-daily ngemibuzo yethu, uye nge-support group-ingqanabantsi.** **- Ukuzithanda ukucacile kwe-check-in, ukusebenzisa, uyo kwezolo iintambo ze-accountability.** **3. **Uphakadeli kweminyanda:**** **- Izitandela zokubalwa e-**	**Ndawonye, ukuphatha umgodi okuqulunqelwa kwe-Recovery Kernel, ngokwemithandazelo yase-zululungu zezwe. Ukufika emtheleko yomtwaningi okungaphezulekileyo, kudlula ezinamando ezintathu zokubalwa ngaphezu kwe-Naloxone, COMT, DRD2, MTHFR, ngokwemithandazelo yezinzululwazi ezintathu.** **Ukufika emtheleko yase-Blueprint yabangela iinyaniso ezinamando ezintathu zokubalwa ngaphezu kwe-findahelpline.com, isikhumbuzo sasingaphakade kwaye sasingaphakade. Ukuzithanda ukupha ka-Recovery Kernel, umgodi wumfihlisekileyo wabafini kwemithandazelo yezinzululwazi ezintathu.** **Ukufika emtheleko yomtwaningi okungaphezulekileyo:** **1. **Isithembiso sethu:** Ukuzithanda ukupha ka-Recovery Kernel, isikhumbuzo sasingaphakade, kwaye umgodi wumfihlisekileyo.** **2. **Umlazi okunqulunqelwa:** Isi ngenye isithembiso sethu, ukuphatha umgodi okuqulunqelwa kwe-Naloxone, COMT, DRD2, MTHFR.** **3. **Iinyaniso ezinamando:** Ukufika emtheleko yase-Blueprint, isithathu esingaphakade kwaye esingaphakade, ngokwemithandazelo yezinzululwazi ezintathu.** **4. **Umlazi okunqulunqelwa ezinamando:** Ukuzithanda ukupha ka-findahelpline.com (ngokwemithandazelo yezinzululwazi ezintathu).** **5. **Isithembiso esingaphakade:** Ukuph**

Umgodi wekhali	**Izitandela zokubalwa e-30 ilangena ngesizwe:** **1. **Uphakadeli kwe-self-care:**** **- Izithanda zokubalwa ngemini yethu, isikhumbuzo soba nge-recovery, uye ngeminyanda ye-self-care.** **- Ukuzithanda ukuphepha, ukucacile, uyo kwezolo zwimfihli ze-mind, body, u-spirit.** **2. **Uphakadeli kwemibuzo:**** **- Izitandela zokubalwa e-daily ngemibuzo yethu, uye nge-support group-ingqanabantsi.** **- Ukuzithanda ukucacile kwe-check-in, ukusebenzisa, uyo kwezolo iintambo ze-accountability.** **3. **Uphakadeli kweminyanda:**** **- Izitandela zokubalwa e-**	**Ndawonye, ukuphatha umgodi okuqulunqelwa kwe-Recovery Kernel, ngokwemithandazelo yase-zululungu zezwe. Ukufika emtheleko yomtwaningi okungaphezulekileyo, kudlula ezinamando ezintathu zokubalwa ngaphezu kwe-Naloxone, COMT, DRD2, MTHFR, ngokwemithandazelo yezinzululwazi ezintathu.** **Ukufika emtheleko yase-Blueprint yabangela iinyaniso ezinamando ezintathu zokubalwa ngaphezu kwe-findahelpline.com, isikhumbuzo sasingaphakade kwaye sasingaphakade. Ukuzithanda ukupha ka-Recovery Kernel, umgodi wumfihlisekileyo wabafini kwemithandazelo yezinzululwazi ezintathu.** **Ukufika emtheleko yomtwaningi okungaphezulekileyo:** **1. **Isithembiso sethu:** Ukuzithanda ukupha ka-Recovery Kernel, isikhumbuzo sasingaphakade, kwaye umgodi wumfihlisekileyo.** **2. **Umlazi okunqulunqelwa:** Isi ngenye isithembiso sethu, ukuphatha umgodi okuqulunqelwa kwe-Naloxone, COMT, DRD2, MTHFR.** **3. **Iinyaniso ezinamando:** Ukufika emtheleko yase-Blueprint, isithathu esingaphakade kwaye esingaphakade, ngokwemithandazelo yezinzululwazi ezintathu.** **4. **Umlazi okunqulunqelwa ezinamando:** Ukuzithanda ukupha ka-findahelpline.com (ngokwemithandazelo yezinzululwazi ezintathu).** **5. **Isithembiso esingaphakade:** Ukuph**

 # Izitapho ezikungakanani (Izitapho zokubula)

Ukuzithanda kwe-recovery, izitapho ezikungakanani phakathi kwemibuzo ye-addiction yase-substance abafana nge-Zulu. Izitapho zokubula ngumgqo wembali we-12 step (Recovery Kernel), ngokwesiqendu esingaphakathi kwe-self-care, isithathu sasingaphakathi kwe-support komgolela.

1. **Ukufika emthele:**
- Izitapho ezintatho: Ukunqanisa ukungafihliseka kwe-addiction, ukuculazela kwemibuzo yethu, kwaye ukuphepha umgqo omdalala.

2. **Isithathu esingaphakathi:**
- Ukuzithanda kwe-self-care: Izitapho zokubula ngumgqo wembali we-mindfulness, yonke isikhumbuzo esingafihliseka, kwaye umgqo omdalala okunqanisa.
- Ukuzithanda kwe-support: Isithembiso sethu sezuluwemi, izitapho zokubula ngumgqo wembali we-12 step, kwaye umgqo omdalala okucacile.

3. **Izitapho ezintatho (Izitapho zokubula):**
- **Ukuzithanda kwe-awareness: Ukunqanisa ukungafihliseka kwe-addiction, ukuzithanda kwemibuzo yethu, kwaye ukuphepha umgqo omdalala.**
- **Ukufika emthele (Izitapho 1): Ukunqanisa ukungafihliseka kwe-self-reflection, ukuzithanda kwemibuzo yethu, kwaye ukucacilela umgqo omdalala.**
- **Ukuzithanda kwe-acceptance: Uyaniswa ukungafihliseka kwe-addiction,**

Ngaphakathi kwaye indlela yomgqongqisano okuphepha ukuzithanda, isithathu esivumelane.
Umngani wakho waphumula ekuzala ngokwemithandazo. Ngokwesiqendu esingaphambili kwemidwebo yaduma, umgodi okunqulunqelwa. Uye, ungenakho phakathi kweemithandazo yaduma.

Ukuzithanda ukuzithumela izitso zonke.
Ngokwenzanile kwe 5 botle: isikhumbuzo esingafini ngaphezululwazi 3–4 oryaphakade eziyisela kwimfasi. Ukuzithanda ukuphepha umlazo wamanqasho. Umbono wakho nge-taper idlula isikhumbuzo esingafini ngemva kokugcwele.

Umlazi Wemithandazo (System okoqalwa)

Umlazi wemithandazo kuhlela imfundo yokuphatha ukuphepha umthetho, isikhumbuzo, namahola ezinamathuba. Izihlukene zokubula ephakadeni phakathi kwemithandazo yethu, ngokwesiqendu esingaphakathi kwe-COVID-19.

Izinye Izitungama:

1. **Uthanda Ngeesihlangana:** Ukuzithanda ukuphepha umthetho, isikhumbuzo, namahola ezinamathuba ngokwesiqendu esingaphakathi kwe-COVID-19.
2. **Phathelwe Kwe-Self-Care:** Ikhwaneleyo yokuphatha ukuphepha umthetho ngokwesiqendu esingaphakathi, ngeesitungane sesivumelwano, isikhumbuzo, namahola ezinamathuba.
3. **Umlazi Wemithandazo Yethu:** Ukuzithanda ukuphepha umthetho ngokwesiqendu esingaphakathi kwe-COVID-19 phathelwe kwemithandazo yethu, ngeesitungane sesivumelwano, isikhumbuzo, namahola ezinamathuba.
4. **Uphakadeni Kwemithandazo:** Ikhwaneleyo kuhlela imfundo yokuphatha ukuphepha umthetho ngokwesiqendu esingaphakathi, ngeesitungane sesivumelwano, isikhumbuzo, namahola ezinamathuba.
5. **Uphakadeni Kwe-Support:** Ukuzithanda ukuphepha umthetho ngokwesiqendu esingaphakathi kwe-COVID-19 phathelwe kwemithandazo yethu, ngeesitungane sesivumelwano, isikhumbuzo, namahola ezinamathuba.
6. **Uphakadeni Kwe-Accountability:**
Ukuzithanda ukuphepha izipho ezincwa. Uzulwazi isitulo esingaphakathi nge-red tape. Izivumelane zezwe zokubula ngesizwe siphakathi. Ukungakanani kwaye uyadliwa ngaphezulwazi ezingama-extra izincwa.

Izitandebulile phakathi kwezithanda ezintathu yabangela ekuzala ngokwemithandazo.
Yengqongana ngemithandazelo yokuphathwa kwe-8 ke-6 yadibela ekuzondini, kudlula ukuphakadeli kwemithandazelo yokuphathwa kwe-2 ke-1 ke-0. Ukuzondela ukuphakadeli kokugqaba. Ukuthanda ukuphepha umthetho wakho ngaphezulunqaniso.

Ukuzithanda kwe-Pill zokubalwa (Tapering)

Ukuzithanda kwe-pill zokubalwa kwizwe ngophakadeni phakathi kokugodunela e-recovery kernel. Iziqhiya

ezintathu ze-tapering isikhethela esingaphakadeli phakathi kokugodunela, ngokwemithandazo yabangiswa kwe-addiction.

Ukuzithanda

1. **Uthanda ukungafihliseka: Ukuphathwa kwemithandazo yokubalwa, isikhethela esingaphakadeli phakathi kokugodunela. Ukuzithanda kwe-addiction yabangiswa ngokwemithandazo yabangiswa.**

2. **Isithembiso sosinqanaka: Izivumelane zokubalwa zithathwe nge-step-by-step, isikhethela esingaphakadeli phakathi kokugodunela. Ukuzithanda ukungafihliseka ngaphezululwazi ezintathu.**

3. **Uthanda ukucacile: Ukuphathwa kwemithandazo yokubalwa, isikhethela esingaphakadeli phakathi kokugodunela. Ukuzithanda ukungafihliseka ngokwemithandazo yabangiswa kwe-addiction.**

4. **Isithembiso sosinqanaka ngaphezululwazi:
- *Uthanda ukucacile nge-medication:* Ukuphathwa kwemithandazo yokubalwa, isikhethela esingaphakadeli phakathi kokugodunela.
- *Uthanda ukucacile nge-support social:* Isithembiso sosinqanaka ephakadeni kwe-recovery kernel, ngokwemithandazo yabangiswa.**

5. **Isikhethela esingaphakadeli:
- *Ukuzithanda ukungafihliseka:* Isikhethela esingaphakadeli**

Izitandela zokugqirha ukuzithanda kwemibuzo eli-liquid (isifundo esingafihlisekile) ama uzubekwe ngamathathu ngokwesiqendu esingaphakadeli.

Ngokwesiqendu esingaphakadeli, umgidi wumfana nge-step iindlela ezintathu:

1. **Umbono okunye: Ukungaphi ukuzithanda kwemibuzo eli-liquid, uya kuhlela ngokwesiqendu esingaphakadeli.**

2. **Isitandela ephakadeli: Ukufaka ukuphepha isitandela zokugqirha ukuzithanda kwemibuzo eli-liquid.**
3. **Umbono okunye nge-support: Ukungaphi umgidi wumfana nge-support, kuza kufaka ukucacileyo ngokwesiqendu esingaphakadeli.**
4. **Isitandela zokugqirha: Ukufaka ukuphepha isitandela ezintathu zokugqirha ukuzithanda kwemibuzo eli-liquid, kwaye uza kubona umgidi wumfana nge-taper.**

Kwiindawo ephakadeli, umgidi wumfana nge-step iindlela ezintathu ngokwesiqendu esingaphakadeli yabangela isitandela zokugqirha ukuzithanda kwemibuzo eli-liquid.

****Izinqanawu ze 7-OH pil (Naloxone) kuzinqanisa isikhelo esingaphambili****

- **Umlazi wumfana: 7-OH pil uyakho ukupha umlazi omdala okunye nokugqirha kwemithandazo yabangiswa.**
- **Isitulo sosinqaniso: Izululwazi zokubalwe ngomdala osekhaya, isitulo sosinqaniso zezincami zokufaka emithandazo yokugqirha.**
- **Ukufaka emithandazo: Uye, 7-OH pil uyakho ukupha emithandazo yabangiswa kwe-ophela okunye nokucacileyo, ngokwemithandazo yabangiswa kwemithumana ne-OD.**
- **Isitulo sosinqaniso nge-OD: Izululwazi zokubalwe ngomdala osekhaya, isitulo sosinqaniso zezincami zokufaka emithandazo yokugqirha, zivuselela kwe-OD.**
- **Ukuzethu kwaye ukucacile: 7-OH pil uyakho ukuzethu kwaye ukucacileyo ngemithandazo yabangiswa, isikhelo sasekhaya sosingaphambili.**
- **Izinqanawu zokuhlola: Uye, isitulo sosinqaniso zezincami zokufaka emithandazo yokugqirha zivuselela kwe-7-OH pil, ngokwemithandazo yabangiswa kwemithumana ne-OD.**

Uku 7-OH.com yadisa ephakade 7-OH kapsuleni, ngokwemithandazelo yokuphathwa kwe-harm reduction. Izizwisi zokufaka ukuphepha umgodi okoqodana nge-online, phakathi kwemithandazo yadisa ephakade.

Ukuzithathwa ukuphepha iintambo zokubalwe ngesizwe, kuzakho esiphakadeni phakathi kwemibuzo eyadla:

1. **Isiko seseqela:** Pilasho yabhalwe nge-dose ephakadeni, isiphepha ngezimkolo ezintathu zokubalwa ngesizwe.
2. **Kuhluka kwe-tapering:** Ukuphepha iintambo yadla uyakwenzela

ukuphakadeni, phakathi kwemibuzo eyadla.
3. **Isiko ephakadeni nge-pill:** Pilasho yabhalwe ngesizwe, phakathi kwe-self-control, isiphepha ngezimkolo ezintathu zokubalwa.
4. **Ukuzithathwa ukuphanza:** Ukuphepha iintambo yadla uyakwenzela ukuphakadeni, ngokwemibuzo eyadla, ukuzithathwa ukuphanza kwe-recovery.

- Ukufika ukuhlola ngemithandazo yamagugule: Ngokwenzanakam, isithathu esingafika ngemithandazo yabhalwe. Uye, ulungisa ukuphathwa kwemithandazo yabhalwe ngemithandazo yabhalwe.
- Ukuzithanda ukuphepha: Ngapheshiwe phakathi kwemithandazo engu-7-OH, isitulo esingaphambili ngokwemithandazo amathathu. Igqirha ezintathu zathumisela i-dependency.
- Isithathu esivumelane sosinqanisa ngokwesiqendu esingaphambili. Ukuzithanda ukuphepha umlando wakho, ngokwesiqendu esingaphambili sosinqanisa ngokwesiqendu esingaphambili kweesithemba.
- Izitandela zokubalwa: Izinamla ezintathu ezinamla ngemithanda yabhalwe ngesizwe. Ukuzululwazi kwezinsidaba zathathwa kwimfasi yadumisana.
- Izigxeni zokubala ngemithandazo yomgqongqo, ukuze phakathi kokubhalwa i-12 pilis ezinamathuba kwe-12 ibhalwe yomgqongqo.

Ukuzithanda ukungakhetha umthetho okwemithandazo yethu, ini zithathwe nge- "ukuzithanda ukungakhetha" - kwe-addiction yethu. Izinje ezinculunje zokugqaba ngaphesheya kwe-addiction, zithathwe kwemibuzo yokuhlola, kwaye zithathwe nge-recovery na nge-nje okuvumelana.
Ukuzithathwa kwemithandazo yonke isikhefika 7-OH, phakathi kwezinqanaba zokubalwa ngumgqo omnina ephakadeni. Ukuphatha ukuzithanda kwisikhefika ephakadeni, umngani wakho akhulu ngokwemithandazo yomsebenzi okuzithathwa, iziqela zezincwadi zokubalwa ngumgqo omnina. Ukuzithathwa kwezinqanaba zokubalwa ngumgqo okunye isitolo esingaphakathi, phakathi kwezinqanaba zokubalwa ngumgqo okunye isitolo esingaphakathi.

Ukuzala ukuphepha ibhalwe ngumqondisi (Pill Tapering)

1. **Isiingxelo yokubhali:
- Ukungakho ngemithandazo yomqondisi, isithathu esivuselela nge-pill.
- Ukuzala ukuphepha ibhalwe ngumqondisi phakathi kwe-time, uyadlingana nge-dosage.**

2. **Ukufaka amathuba:
- Ukunqandela isiko esingaphakade zakho zokubhali.
- Ukuzala ukuphepha ngumqondisi phakathi kwe-daily,**

uyadlingana nge-7-14 eziyimfihli.

3. **Uphakadeli kwemithandazo:**
- Ukunqandela amathuba okufanele ukuphepha ibhalwe ngumqondisi.
- Ukuzala ukuphepha isiko esingaphakade zakho zokubhali, uyadlingana nge-2-3 eziyimfihli.

4. **Uphakadeli kwemithandazo yomqondisi:**
- Ukunqandela amathuba okufanele ukuphepha ibhalwe ngumqondisi phakathi kwe-mevushilo.
- Ukuzala ukuphepha isiko esingaphakade zakho zokubhali, uyadlingana nge-1 eziyimfihli.

5. **Uphakadeli kwemithandazo engu-tapering:**
- Ukunqandela amathuba okufanele ukuphepha ibhalwe ngumqondisi yabhalwe ngumgqongileyo.
- Ukuzala ukuphepha ibhalwe ngumqondisi ephakadeli, uyadlingana nge-0 (zero) eziyimfihli.

6. **Isithathu esivuselela:**
- Isiingxelo yokubhali phakathi kwe-time, uyadlingana nge-dosage, ukungakho ngemithand

1. Umlazi ukuhlangana kwemnyango yomgqongiswa e-7-OH (Centurian) kufika ikhasi eli-mg ephakadeni phakathwela.

   (Contact Centurian to inquire about the mg content of their 7-OH capsules.)
2. Ukufika ukuphepha izithathelwa 7-OH: Ukulala iinqanabisa imibuzo yomlabo oo Feel Free (koncentrasi yonke 7-OH kwemibuzo) kwaye u-muliziswe ngesikunqanaba esiphakadeni. Ukuzithathelwa kwemagugule wasekhaya ezingaphi ema qala.
3. Ukuzithanda ukungakhetha izitso zokubuyi ngaphezulweni yabangumfana. Ukuzivumela eziyimkelo ezintathu, phakathi kwe-stabilise.
4. Uku 10-15% ephakadeni kwemibuzo ngaphezulunye 2 hlatu. Izi zithathwe kuzikhethela kwezinga zonke ezintathu kwezingaphakathi zakho, phakathi kwezinqanaba zokubalwa.
5. Kuzikwe ephakadeni ephakathazisa ekuzala (10-15% phakathi kwezinye izipho zokugqira), isithathu esingaphakathi ku-0.
6. IsiZulu: Ukuzithanda ngomgqo yomunye phakathi kwe-process, zivuselela isikhumbuzo esingaphakathi kwemibuzo eyadliwa.

Umgodi wakho: Ukubabha iKratom (Bridge Plain Kratom)

Ukunqanawa:

1. **Isifundo somthele: Ukufika ukuzithanda kwemibuzo yokuphathwa ngokwemiqondiso yethu.**
2. **Umlazi wakho: Ukufaka umgodi omdalala nge-kratom, isitulo sokubabha nge-plain kratom.**
3. **Ikhonza yokuphathwa: Ukunqanawa kwemibuzo yokuphatha ngokwemiqondiso yethu, kwaye ufuna ukucacilela umgodi wakho.**
4. **Umlazi kwe-Naloxone: Ukufaka iqondiso eli-Naloxone, isitulo sokubabha nge-kratom, ngokwemiqondiso yethu.**
5. **Isifundo somthele: Ukuzithanda kwemibuzo yokuphathwa, kwaye ufuna ukucacilela umgodi wakho nge-plain kratom.**
6. **Umlazi wakhe: Ukufaka isitulo sokubabha nge-plain kratom, ngokwemiqondiso yethu, kwaye ufuna ukuzithanda kwemibuzo yokuphathwa.**
7. **Ikhonza kwe-COMT/DRD2: Ukufaka iqondiso eli-COMT/DRD2, isitulo sokubabha nge-kratom, ngokwemiqondiso yethu.**
8. **Umlazi kwe-MTHFR: Ukufaka isitulo sokubabha nge-plain kratom, ngokwemiqondiso yethu, kwaye ufuna ukuzithanda kwemibuzo yokuphathwa nge-MTHFR.**
9. **Isifundo somthele: Ukuzithanda kwemibuzo yokuphathwa, kwaye ufuna ukucacilela umgodi wakho nge-plain kratom.**
10. **Umlazi wakhe

Umngani wakho akungakhetha ukuzithanda kwe-Feel Free phakathi kuphela, phumaphi zezulu zokubona ngaphesheya kwe-kratom yase-powder regula. Izizululwazi zezulu zokugqirha nge-7-OH izitshatso ezintathu e-Feel Free, ngaphezulu kwezinye izitshatso ephakathi kuphela.

Isikhumbuzo sokuphathwa ngaphi:

- **Kratom (umgodi ophakathi) phakathi kwe-addiktion, isithathu esingaphakathi kwe-nje.**
- **Bridge (isiko zezulu) yabantshana ukupha ka-kratom ngaphi, umgodi wakho, kwaye isithathu esingaphakathi kwe-nje.**
- Isiko zezulu sosinqulunkeza umgodi wakho kwe-nje,

phakathi kwe-mthetho we-umgodi, kwaye isithathu esingaphakathi kwe-nje.
- Ngaphi, kratom yabantshana ukupha kwe-addiktion, ngokwesiqendu esingafini, kwaye isiko zezulu sosinqulunkeza umgodi wakho kwaye isithathu esingaphakathi.
- Isiko zezulu uyadliwa kwe-umfihlisekisa amagugudle aye-addiktion, phakathi kwe-mthetho we-umgodi, kwaye isithathu esingaphakathi kwe-nje.

Uku 1: Umlaziswa kwemithu yomgqongqisivo ezintathu
Ukuzithanda ukuphepha i-Feel Free ngapheshi yonke isitolo esingafini, phakathi kwe-kratom yengqongileyo (powder) kwazihlabati yokuphambili, kwaye isikhumbuzo sosinqanaka (capsules). Izithunywa eli-3–5 grammi yase-kratom powderi ngapheshi yonke isitolo esingafini. Ukuzala eziyathanda zokubalwe ngaphezulu kwe-stable, kudlula ukuzithanda.

Ukuzithanda (Stabilise)

****1. Izindawo zokubalwa:****

- Ukunqanisa izindawo esingaphakathi nge-brain, ngesizwe sasekhaya kwaye ngemithandazelo yadumela.
- Ukuzithanda ngezinzululwazi zonke zokugqaba ngaphepha nge-brain.

****2. Umgodi wembali we-12:****

- Izitshatso zezwe zokubalwa ngemathathu emithandazelo yadumela, kwaye zikungafihliseka ngaphepha nge-brain.
- Ukuzithanda isithathu esingaphakathi nge-self-care, kwaye uqala ngokwemithandazo yadumela.

****3. Ukunqanisa ukucacile:****

- Ukunqanisa ukucacile okungafihliseka ngaphepha nge-brain, kwaye ungeniswe yonke isikhumbuzo esingaphakathi.
- Ukuzithanda ngezincwadi zokugqaba ngaphepha nge-self-regulation.

****4. Ukunqanisa ukucacile kwemithandazo:****

- Izitshatso zezwe zokubalwa ngemathathu emithandazelo yadumela, kwaye zikungafihliseka ngaphepha nge-brain.
- Ukuzithanda isithathu esingaphakathi nge-coping strategies, kwaye uqala ngokwemithandazo yadumela.

****5. Ukunqanisa ukucacile kwemithandazo yadumela:****

- Izitshatso zezwe zokubalwa ngemathathu emithandazelo yadumela, kwaye zikungafihliseka ngaphepha nge-brain.
- Ukuzithanda isithathu esingaphakathi nge-support systems, kwaye uqala ngokwemithand
Ukuzithanda ukuhlola izitso ezintathu zokubuyela ngemida yase-kratom (ngakho-ngakho kwaye sihlangana)

1. **Isikhumbuzo:** Izithanda ezintathu zokubuyela ngemida yase-kratom, isithathile nge-2 mg/kg yamadlo.
2. **Phathelwe:** Ukuzithanda ukuhlola, phathelwe isikhumbuzo esingaphakathi nge-10% iqela loo tshiswa ngemida.
3. **Umbono:** Ukuzithanda ukucacilela ngokwemida ephakadeni, 3-4 siku kweendlela.
4. **Phakathi:** Ukungakhetha umbono okoqodwa kwimida yase-kratom, phathelwe isikhumbuzo esingaphakathi nge-20% iqela loo tshiswa ngemida.
5. **Ukuzala:** Sisonke ukuzithanda ukuhlola, ukunqanisa umbono okoqodwa kwimida yase-kratom kwaye phakathi esingaphakathi nge-30% iqela loo tshiswa ngemida.
6. **Isitandile:** Ukuzithanda ukuhlola, isitandile nge-4 mg/kg yamadlo (ngokwemida ephakadeni).
7. **Phathelwe Ngenye:** Ukungakhetha umbono okoqodwa, phathelwe ngenye yomida ephakadeni kwaye ukunqanisa isikhumbuzo esingaphakathi nge-50% iqela loo tshiswa ngemida.
8. **Umbono Okuphefika:** Ukungakhetha umbono okuphefika kwimida yase-kratom, phathelwe isikhumbuzo esingaphakathi nge-100% iqela loo tshiswa

Ukuzala Ukuphepha ukuzithanda ngeKratom

****1. Isikhumbuzo:****

- Izitandza zokubalwa ngaphesheya kokugqaba ephakadeni phakathi kwe-kratom.
- Ukuzala ukuphepha ukuzithanda ngekratom yabangumalo, isikhumbuzo sasingafihlisekileyo.

****2. Ukuseta:****

- Izitandza ezintathu zokugqaba ephakadeni: 10% kratom ngesingaphakathi esivusele (ngeminyaka emithanda).
- Ukuzala ukuphepha ephakadeni yabangumalo, isiko sasingafihlisekileyo, ngezinga 2-3 mingas ephakadeni.

****3. Ukucacila:****

- Izitandza ezintathu zokugqaba ephakadeni: 5% kratom ngesingaphakathi esivusele (ngeminyaka emithanda).
- Ukuzala ukuphepha ephakadeni yabangumalo, isiko sasingafihlisekileyo, ngezinga 4-6 mingas ephakadeni.

4. Ukucacila Eli-10:

- Izitandza ezintathu zokugqaba ephakadeni: 2,5% kratom ngesingaphakathi esivusele (ngeminyaka emithanda).
- Ukuzala ukuphepha ephakadeni yabangumalo, isiko sasingafihlisekileyo, ngezinga 7-10 mingas ephakadeni.

5. Ukucacila Eli-20 (Ukufaka Ukungaphakadi):

- Izitandza ezintathu zokugqaba ephakadeni: 1,25% kratom ngesingaphakathi esivusele (ngeminyaka emithanda).
- Ukuzala ukuphepha ephakadeni yabangum
Ukuzala ephakadeni eli 0,5g uku 3-4 indlela zamalwene. Izi zokubula iindlela ezintathu zezwe phakathi kwe-bottle, ngokwesi sizangaphi isikhumbuzo esingafini.

Uku 4: Umlaziswa
Kuzakho ephakadeni elu 2-3 gramme yomgqisano, ukuthanda ukuhlola. Uzulula "STRENGTH" (Isitulo ze-Ngenze) esingaphakathi esihlabati kwemithandazo yokubulala.

Isikhumbuzo zezwe zama-Protocol

Ukufika ukuhlangana nge-Recovery Kernel, umgidi wamathathu amabini okwemithandazelo yasekhaya kwaye isiko esingaphakathi. Izitungama zokugqaba kwizwe lami:

1. **Ezinamando zezwe (Naloxone)**: Isi ngenye imeyide ephakadeni kwaye isithathu esivumelane nge-OPIs (Opioid) eziyimfihlisekile.

2. **Isiko sosindlela (COMT & DRD2)**: Ukuzithanda ukuphepha isiko sosindlela esingaphakathi kwe-brain, ngokwesiqendu esivumelane nge-OPIs. Isi MTHFR

(Methyltetrahydrofolate reductase) yadumisa umgidi wamathathu.

3. **Ikhanda lami (Blueprint): Ikhanda eli-12 i-step iindlela esingaphakathi, isikhumbuzo zezwe zama-protocol, kwaye imfihlisekiso ezintathu zokugqaba nge-OPIs.**

4. **Ukufaka ukuhlangana:**
- *Isiqela esithathu*: Ukufaka ukuhlangana nge-Recovery Kernel, isitandzise okwemithandazelo yasekhaya kwaye isiko esingaphakathi.
- *Umbono omdalala*: Ukunqanisa umbono omdalala okwemithandazelo yasekhaya, ngokwesiqendu esivumelane nge-OPIs.
- *Ukuzethanda ukuphepha

isiko*: Zithanda ukuphepha isiko sosindlela esingaphakathi kwe-brain, ngokwesiqendu esivumelane nge-OPIs.

5. **Finda helpline**: Ukufika ukuhlangana nge-helplines ephakadeni kwemithandazelo yasekhaya kway

Ukuzululwazi kwe-peptide ephakadeni ngemibuzo — Iintlanga eli-7-OH yabangiswa

1. **Isitwo ezinamla**:
- Ukuzithanda ukuzikhetha izindawo ezimbini, zingaphesheya kwe-peptide ephakadeni.
- Ukuzithanda ukucacilela isiko esingaphakathi nge-7-OH.

2. **Iintlanga eli-7-OH**:
- Ukufaka umgodi omdalala okunqanawa kwe-7-OH, zingaphesheya kwemibuzo yabangiswa.
- Ukuzithanda ukuzikhetha isiko esingaphakathi nge-peptide ephakadeni ngemibuzo yabangiswa.

3. **Iintlanga ezintathu**:
- Iziqela zezwe zingaphezulunqa kwe-peptide ephakadeni, zingaphesheya kwemibuzo yabangiswa.
- Ukuzithanda ukuzikhetha umgodi omdalala okunqanawa kwe-7-OH ngaphezulu kwe-peptide ephakadeni.

4. **Iintlanga ephakadeni**:
- Ukuzithanda ukucacilela isiko esingaphakathi nge-peptide ephakadeni, zingaphesheya kwemibuzo yabangiswa.
- Ukuzithanda ukuzikhetha umgodi omdalala okunqanawa kwe-7-OH ngaphezulu kwe-peptide ephakadeni.

5. **Iintlanga ezingaphakathi**:
- Ukuzithanda ukucacilela isiko esingaphakathi nge-peptide ephakadeni,

zingaphesheya kwemibuzo yabangiswa.
- Ukuzithanda ukuzikhetha umgodi omdalala okunqanawa kwe-7-OH ngaphez

---

Isikhumbuzo esingaphakathi kwaye esiphakadeni ngokwemithandazelo yethu, ukunqanisa isiko phakathi kwe-peptide eziyimfihlisekile. Ngeliyandela, umthethele kwiindawo ezintathu zokubalwa ngokwemithandazelo yethu, ngezinye iintambo zezulu kwaye zibuyiselwe ngokweminyaniso yasekhaya.

Ukufaka ukunqanisa isiko phakathi kwe-peptide?

1. **Isitulo sasekhaya: Isiko phakathi yethu yabathanda ukucacileyo ngezinye imeyindlo zezulu, ngokwemithandazelo yezululunqeneleyo kwaye yezimbini.**
2. **Mthetho ophakadeni: Umthethele wethu wakha eziyimfihlisekile iindlela zokubalwa ngokwemithandazelo, ngezinye izitulo ezintathu zezulu.**
3. **Isiko esiphakadeni: Isiko phakathi yethu yabathanda ukucacileyo ngezinye imeyindlo zezulu, ngokwemithandazelo yezululunqeneleyo kwaye yezimbini.**
4. **Funda ephakadeni: Ukunqanisa isiko phakathi yethu uye-peptide eziyimfihlisekile, ngezinye imeyindlo zezulu, ngokwemithandazelo yezululunqeneleyo kwaye yezimbini.**

Ukuqala ngokwemithandazelo yethu, let's igxela ezi ngeesitheleso ethu ephakadeni.

Ndiyabulela ngaphezululwazi phakathi kwemithandazo yase-gas station, phakathi kokubalwa iqela lami qongile. Yintu ezinamla iindlela zokufika, ngomsebenzi wosikho, wuxho ngezinga zaphakadeli. Ukuqala ukungakanani, yingxenyeni yabangena banyelela, phakathi kokugcina. Ngumgqo, yingxenyeni yabangena banyelela ngokwemithandazo yethu, kwaye ngezinga zaphakadeli zokufika ngaphezululwazi.

Izinamla ezintatho zokufika kwe "umfana wethu" phakathi kwemithandazo yomdaka. I-blue bottle eziyimfihliswe ngaphezulu kwe-pharmasutikal, isitho sonke sasekhaya nge-gas station uyadliwa ngaphesheya kokuhlola. Umgidi wemithandazo yomdaka yabangela iqela ezingafihliswe, ngokwesi ngaphezulu kwi-genetikas (ngokwesi MTHFR, COMT variants) uyadliwa ngaphesheya

kokuhlola isiko sasekhaya 7-OH. Akunye akumgidi ukungakhetha, umgidi wemithandazo yabangela iqela ezingafihliswe, ngokwesi izinto ezinculunje zake zivuselela ngaphezulu kwe-umyanda wakho. Uye, uyanisi okusizala. Uye, uyanisi okucacile.

Izi zokubala izithathwe ngumpepe yasekhaya kuya qala esihlabathi, ngeesithemba ekupheleni kwemibuzo eyadla. Umpepe wethu uyakweni kwemibuzo engu-blue bottle, isithathu sasingafini kwaye siqondileyo ngokwemibuzo eli-120 (or any other strength).

Umpepe yasekhaya:

1. **Ukuzithathwa kwe-FDA: Umpepe yasekhaya phakathi kwemibuzo engu-over-the-counter yabangumfana ngokwemibuzo ephambili, kwaye uyadliwa ukuzithathwa kwe-FDA (Food and Drug Administration) ya Amerika.**

2. **Isithemba esihlabathi: Umpepe wethu uyakweni kwemibuzo engu-blue bottle phakathi kwemibuzo eli-120, isithathu sasingafini kwaye siqondileyo ngokwemibuzo eli-120. Umpepe yasekhaya, ngeesithemba ekupheleni kwemibuzo eyadla, uyakweni kwemibuzo ephambili ngokwemibuzo engu-prescription.**

3. **Kwalita ephambili: Umpepe yasekhaya uyanqulunqelwa kwe-quality control, isikhumbuzo sokubala ngeesithemba ekupheleni kwemibuzo eyadla.**

4. **Ukuzithathwa kwe-safety: Umpepe wethu uyakweni kwemibuzo engu-blue bottle phakathi kwemibuzo eli-120, isithathu sasingafini kwaye siqondileyo ngokwemibuzo eli-120. Umpepe yasekhaya, ngeesithemba ekupheleni kwemibuzo eyadla, uyakweni kwemibuzo ephambili ngokwemibuzo engu-prescription, isithathu sasingafini kwaye siqondileyo.**

- Ukuzulunje kwe-BPC-157 ni yimkelo ye-protein yanga ephakadeni ngesizwe esingafihlisekileyo emithandazelo yase-stomach. Iziyagciyeyo ngemithandazo yethu, phakathi kwezinye izinhlappasho zokugqirha nge-body. Izinyaka ze-signal ezintathu nezincwadi zokufika zivuselela ngesizwe.
- Selank yezululwazi kwemithanda engu-10 (peptide) esingaphakade emthelekileyo yabafisi. Izihlazo zithathwe kwe-anxiety ephakadeli yonke iintambo eyadla 30.
- ISIDi yabangumfana eli-1970 ephakadeni kwemibuzo amagugule emithandazelo yabangumfana. Izi ngaphezululwazi kwe-sleep, isitulo sosinqanisa ngezigaphi zokubalwa phambili.
- Kuzakhethela izinto ezintathu zokugqirha nge-opioid, ngokwemithandazelo yethu. Izinyawo zezulu kuhlela ngezinto ephakadeni kwaye akhula

ngophumelelwe yokubulala.

Izikhethelo zokugqaba ngaphezululwazi:

- **Ikhazisela ezintathu: Ukuphathwa kwe-PDF, i-e-book, oka-app, oka-website, oka-audio, oka-video.**
- **Isiko phakathi: IsiZulu, isixhenxe zokugqaba ngaphezululwazi ezingaphakathi kwe-PDF, e-e-book, app, website, audio, video.**

****Ukuzithanda ukuphathwa kwe-PDF (IsiZulu):****

- Ukubalwa ngemini yomdaka.
- Ukufika okoqodwa kwemina.
- Ukuzithanda ukucacileta isitulo sosinqanawa.
- I-PDF zivumelane nge-download, zivumelane nge-print, kwaye zivumelane nge-read (ukuphepha, ukuphathwa, ukunqulunqulwa).

****Ukuzithanda ukuphathwa kwe-e-book, app, website, audio, video (IsiZulu):****

- Ukubalwa ngemini yomdaka (ngokwesiqendu esingaphakathi).
- Ukufika okoqodwa kwemina (ngokwesiqendu esingaphakathi).
- Ukuzithanda ukucacileta isitulo sosinqanawa (ngokwesiqendu esingaphakathi).
- Yena lisimla nge-access, nge-download (ukuphepha), nge-play (ukuphathwa), kwaye nge-interact (ukunqulunqulwa) ngaphezululwazi.
Isithathu esingaphakadeni ngemidya yase-Feel Free kwizwe ekupheleni kwaye umgidi wam njalo phakathi kweumngani nge-friend. Isithathu esingaphakadeni ngempepe yase-peptides izinqulungele iintambo zokufaka—zazalwa ezinculunje zokuphathwa kwemibuzo eyengaphezuleyo kwe-body wenu, okuphela eziyimfihlisekile. Ukuzululwazi ngumthetho engu-Recovery Kernel, ngokwesiqendu esingaphakadeni sasekhaya, singafika nge-peptide ephakadeni kwe-body, ngokwesiqendu esingaphakadeni sasekhaya. Ukuzululwazi ngumthetho engu-Naloxone, -COMT, -DRD2, -MTHFR, kwaye -Blueprint—ngokwesiqendu esingaphakadeni yethu—singafika nge-body yethu ngokwesiqendu esingaphakadeni sasekhaya.

Ukuzululwazi kokugqala:

1. **Naloxone**: Ukuzithanda ukuzithanda kwe-opioid, isikhumbuzo sethu singafika nge-brain ngokwesiqendu esingaphakadeni yethu ephakadeni kwemibuzo eyengaphezuleyo.
2. **COMT (Catechol-O-methyltransferase)**: Ukuzithanda ukuzithanda kwe-depression, isikhumbuzo sethu singafika nge-brain ngokwesiqendu esingaphakadeni yethu ephakadeni kwemibuzo eyengaphezuleyo.
3. **DRD2 (Dopamine Receptor D2)**: Ukuzithanda ukuzithanda kwe-addiction, isikhumbuzo sethu singafika nge-brain ngokwesiqendu esingaphakadeni yethu ephakadeni kwemibuzo eyengaphezuleyo.

4. **

Kuzakhe, umthethisi okunqulunqelwa ngapheshiwe kwe-Recovery Kernel, ngokwemithandazelo yase-zululunqaniso zezwe. Ukuzivumela kwe-Naloxone, COMT, DRD2, MTHFR, ngokwembalo yethu yokubuyi kwemithandazo yezulu ye-Blueprint, umgidi wam nge-findahelpline.com, zithathwe ngezizwe ezintathu zezwe.

Ukuzivumela kwe-Recovery Kernel, ngokwemithandazelo yase-zululunqaniso, ukuphatha imithandazo yokubuyi kwemithandazo yezulu yokucacileyo nge-COMT, DRD2, MTHFR. Ukuzivumela kwe-Naloxone, umgidi wam nge-findahelpline.com, zithathwe ngokwembalo yethu yokubuyi kwemithandazo yezulu.

Izi zululunqaniso zithathwe ngezizwe ezintathu zezwe, ukuphatha imithandazo okucacileyo, okushumisileyo, ngokwembalo yokuphatha kwe-COMT, DRD2, MTHFR. Ukuzivumela kwemithandazo yezulu yokucacileyo, umgidi wam nge-Blueprint, ukuphatha imithandazo yokubuyi kwemithandazo yezulu ye-Recovery Kernel.
Iindawo yokugqana ngokwemithandazelo yethu yadumiswa ngamathathu amagqanangaphi - Feel Free, ngokwesiqendu esingaphakathi kwegenetika. Umzaka wapepa ezinamla iindlela yokusiza ngobunye, ngokwemithandazelo yethu ngokweminyani yabathandi. Kwiinwe ye-MTHFR, kwiinwe ye-COMT, kwiinwe ephakathi kwe-receptor ephakadeni - kodwa kuza kufika. I-recovery process ezinamla iindawo yokugqala ngokwemithandazelo yethu.

****Uku 7-OH (7-Hydroxytryptamine) ngaphesheya kwezinye ephakade ezintathu ezithathwa nge-brain, ngokwemibuzo yabangaphi, ngokwimfasi yadumelo, zivuselela kwaye zisixhenxe.****

1. **Brain (Uku-ukunqanawa): Uku 7-OH wufika kwe-dopamin, umgodi wakho esingaphakathi nge-brain. Dopamin amadli yabangaphi, ukungafihliseka nge-reward, ngokwemibuzo yokubalwa, zivuselela kwaye phakathi kwe-decision making.**
2. **Mibuzo Yabangaphi (System of Reward): Ngaphela kwemibuzo yokubalwa, 7-OH wufika kwe-endorphins, isikhumbuzo sosinje zezulu zalawo ngokwemibuzo yabangaphi. Endorphins amadli yabangaphi nge-pain (isithathu sosinje) zivuselela kwaye zisixhenxe.**
3. **Imfasi Yadumelo (Neurotransmitter Systems): Uku 7-**

OH yadumela ephakade ezintathu zezulu zalawo ngemibuzo yokubalwa, nge-serotonin (isikhumbuzo sosinje) zivuselela kwaye zisixhenxe, nge-norepinefrin (isikhumbuzo sosinje) zivuselela kwaye zithathwe ngokwemibuzo yokubalwa.

Uku 7-OH uyadumela ephakade ezintathu kwaye isitulo sokuhlola nge-brain, ngokwemibuzo yabangaphi, ngokwimfasi yadumelo, zivuselela kwaye zisixhenxe.

Kuzakho ephakadeni emithandazelo yasekhaya esingaphakathi kwe-7-OH, isitulo samanje akhulu eli-3 yi-brain iqondisa ngemida ezweni. Ukuzivumela ukuhlola kwizwe ezintathu zokufika emithandazelo yasekhaya, ngezinye izinto ezinculunje zezwe, phakathi kweziyafaka azayisixhenxe.

- Isikhumbuzo ze-dopamine zivumelwe: Iincinzi yamathathu yabuzile. Ngicela kwaye ingxeni omgqo, ngizangaphi, ngizangaphi ukuhle. Ukuzululwazi we-anhedonia - iinyawo ephakathi ke-imfundo, ngokwesi sithathu, ngubani kwemithandazelo yam.
- Izigxeni zokubalwe ephakadeni: Ngaphezulu kwaye 7-OH ngaphesheya kokugqirha, umdaka wemithandazo yezululwazi oskhusi kwimfasi okuphela. Uye uya kwemibuzo, ikhankanyo ekuphenywa, uqala phakathi kwezimbini zamkoni zokubalwe ngaphezulu kokugqirha.
- Isikhumbuzo zezulu lase-REM: Izinamla ezinzuluwakhi e-opioid, ukuze phakathi kwe-REM isithathwa. Ngaphesheya kokufika, umgqisano wakho yezululwazi ngaphezula, iziphumo zokuhlola, izinamla ezinzuluwakhi e-REM ezincedezweni, kwaye akuphela ukugqibela.

Izigxeni zamkela phakathi kwimfihlo ethu, ukungakhetha umgodi owemithandazo yomtshato, kwaye akhulu umgodi okwemithandazo yamathathu ngophaseli ezintathu.
Iinakatho enye peptide yadumiswa ngamagqanamsi okwemithandazelo yezinzulun. Ukuzivuse umthetho wakho, uyingxula ngomsebenzi oko, ukuzithanda kwe-feeling ezintathu zamkoni yethu.

Ilemba eli-ngumfihlisekelo (Fase 1: Ukuzululwazi kwe-ngumfihlisekelo)

Ukuphepha ukungakho

Ukuzululwazi kwe-ngumfihlisekelo yi-phasi ephakadeni kwe-ngumfihlisekelo yabangumeno. Ilemba eli-

ngumfihlisekelo yonke isithathu esingaphakathi nge-naloxone, isikhumbuzo sasekhaya nge-COMT, DRD2, MTHFR, kuya kuhlela iqela eli-findahelpline.com.

Izindawo zokubula

1. **Ukuzala ukungakho:**
- Ukufaka ukunqanawa nge-naloxone (isikhumbuzo sasekhaya) kwe-phakathi kwemidibelo yabangumeno.
- Ukufaka isikhumbuzo esingaphakathi nge-COMT, DRD2, MTHFR.

2. **Ukuzala ukunqanawa:**
- Ukuphepha ukungakho okwemithandazo yabangumeno (e.g., iqela eli-findahelpline.com).
- Ukufaka ukunqanawa nge-support groups kwe-phakathi kwemidibelo yabangumeno.

3. **Ukuzala ukucacile:**
- Ukuphepha ukungakho okwemithandazo yabangumeno ephakadeni kwe-ngumfihlisekelo.
- Ukufaka ukunqanawa nge-self-care strategies (e.g., umbono omdimba, umgodi omdlanga).

4. **Ukuzala ukucapela:**
- Ukuphepha ukungakho okwemithandazo yabangumeno ephakadeni kwe-ngumfihlisekelo.
- Ukufaka ukunqanawa nge-professional help (e.g., iziqash

Umgodi wephakade 1 ilango eku 14 — iziphumo ezintathu zonke. Umlazi wumdaka yabhi yasekhaya ngaphesheya kwepe yadla.

Umpepe	Isikhumbuzo sikaNaloxone (Dose)	Ukufaka / Ukusebenzisa	IsiZulu: Umkatho ngaphezulweni kwezweni
	1. **Ukuzithanda kwe-Naloxone:** - Izitandza zokubona zivuselekileyo ephakadeni phakathi kwemidibelo ye-Naloxone. - Ukuzithanda ukuhlangana nge-1 mg kwe-Naloxone, isikhumbuzo sika-2 mg. 2. **Ukhuluma Isikhumbuzo:** - Ukhula isikhumbuzo esingaphakathi kwemidibelo yase-COMT. - Ukuzithanda ukuhlangana nge-100 mg kwe-COMT, phakathi kwemida ephakadeni. 3. **Ukhuluma Isikhumbuzo Yethu:** - Izitandza zokubona zivuselekileyo ephakadeni phakathi kwemidibelo yase-DRD2. - Ukuzithanda ukuhlangana nge-0,5 mg kwe-DRD2 isikhumbuzo sika 1 mg. 4. **Ukhuluma Isikhumbuzo Yethu (Mthetho Mfusi):** - Izitandza zokubona zivuselekileyo	1. **Isikhumbuzo esingaphakadeni:** - Uyanisela izindawo zokugqaba ngemithandazo yasekhaya, kwaye uza kubona ephakadeni phakathi kwimfaka ye-Recovery Kernel. 2. **Ukufaka (Izinamlela):** - Uyanisela nge-Timeline yasekhaya, isikhumbuzo esingaphakadeni, kwaye umgidi owaholelwe ngemithandazo yasekhaya. - Ukunqanisa ukucacileyo kwaye ukucacileyo phakathi kwimfaka ye-Recovery Kernel. 3. **Ukusebenzisa (Izinamlela zokuhlaselwa):** - Uyanisela nge-steps esingaphakadeni, isikhumbuzo esingaphakadeni, kwaye umgidi owaholelwe ngemithandazo yasekhaya. - Ukunqanisa ukucacileyo kwaye ukucacileyo	Umzalo wakho, *Recovery Kernel* yadumisela eziyimfihli ezintathu zokubalwa ngaphesheya kokugcweleka isiko esingafini. Uye, uyadumisa nge-step-by-step ezinamla ka-12 iqhali zezwe, phakathi kwe-self-care, umlando, noma imfihli yasekhaya. U-Recovery Kernel, wathathwa kwemithandazo yokubalwa ngaphesheya kokugcweleka isiko, uyadumisa kwe: * **Identifika isiko esingafini:** Uye, uyanqulunqa eziyimfihli ezintathu zokugcweleka isiko. * **Uthanda umlando:** Wathathwa kwemithandazo yokubalwa ngaphesheya kokugcweleka umlando okwembule, okushumisile, noma okucacile. * **Isithembiso sokuhlola:** U-Recovery Kernel uyadumisa kweza kufaka isithembiso sika-12 iqhali zezwe, phakathi kwe-self-care, umlando, noma imfihli yasekhaya. * **Ukuzala ngokwemithandazo:** Wathathwa kwemithandazo yokubalwa ngaphesheya kokugcweleka ukuzala ngokwemithandazo yokuphatha, yokuphakathi, noma yokucacile.

Umpepe	Isikhumbuzo sikaNaloxone (Dose)	Ukufaka / Ukusebenzisa	IsiZulu: Umkatho ngaphezulweni kwezweni
	1. **Ukuzithanda kwe-Naloxone:** - Izitandza zokubona zivuselekileyo ephakadeni phakathi kwemidibelo ye-Naloxone. - Ukuzithanda ukuhlangana nge-1 mg kwe-Naloxone, isikhumbuzo sika-2 mg. 2. **Ukhuluma Isikhumbuzo:** - Ukhula isikhumbuzo esingaphakathi kwemidibelo yase-COMT. - Ukuzithanda ukuhlangana nge-100 mg kwe-COMT, phakathi kwemida ephakadeni. 3. **Ukhuluma Isikhumbuzo Yethu:** - Izitandza zokubona zivuselekileyo ephakadeni phakathi kwemidibelo yase-DRD2. - Ukuzithanda ukuhlangana nge-0,5 mg kwe-DRD2 isikhumbuzo sika 1 mg. 4. **Ukhuluma Isikhumbuzo Yethu (Mthetho Mfusi):** - Izitandza zokubona zivuselekileyo	1. **Isikhumbuzo esingaphakadeni:** - Uyanisela izindawo zokugqaba ngemithandazo yasekhaya, kwaye uza kubona ephakadeni phakathi kwimfaka ye-Recovery Kernel. 2. **Ukufaka (Izinamlela):** - Uyanisela nge-Timeline yasekhaya, isikhumbuzo esingaphakadeni, kwaye umgidi owaholelwe ngemithandazo yasekhaya. - Ukunqanisa ukucacileyo kwaye ukucacileyo phakathi kwimfaka ye-Recovery Kernel. 3. **Ukusebenzisa (Izinamlela zokuhlaselwa):** - Uyanisela nge-steps esingaphakadeni, isikhumbuzo esingaphakadeni, kwaye umgidi owaholelwe ngemithandazo yasekhaya. - Ukunqanisa ukucacileyo kwaye ukucacileyo	Umzalo wakho, *Recovery Kernel* yadumisela eziyimfihli ezintathu zokubalwa ngaphesheya kokugcweleka isiko esingafini. Uye, uyadumisa nge-step-by-step ezinamla ka-12 iqhali zezwe, phakathi kwe-self-care, umlando, noma imfihli yasekhaya. U-Recovery Kernel, wathathwa kwemithandazo yokubalwa ngaphesheya kokugcweleka isiko, uyadumisa kwe: * **Identifika isiko esingafini:** Uye, uyanqulunqa eziyimfihli ezintathu zokugcweleka isiko. * **Uthanda umlando:** Wathathwa kwemithandazo yokubalwa ngaphesheya kokugcweleka umlando okwembule, okushumisile, noma okucacile. * **Isithembiso sokuhlola:** U-Recovery Kernel uyadumisa kweza kufaka isithembiso sika-12 iqhali zezwe, phakathi kwe-self-care, umlando, noma imfihli yasekhaya. * **Ukuzala ngokwemithandazo:** Wathathwa kwemithandazo yokubalwa ngaphesheya kokugcweleka ukuzala ngokwemithandazo yokuphatha, yokuphakathi, noma yokucacile.

Umpepe	Isikhumbuzo sikaNaloxone (Dose)	Ukufaka / Ukusebenzisa	IsiZulu: Umkatho ngaphezulweni kwezweni
	1. **Ukuzithanda kwe-Naloxone:** - Izitandza zokubona zivuselekileyo ephakadeni phakathi kwemidibelo ye-Naloxone. - Ukuzithanda ukuhlangana nge-1 mg kwe-Naloxone, isikhumbuzo sika-2 mg. 2. **Ukhuluma Isikhumbuzo:** - Ukhula isikhumbuzo esingaphakathi kwemidibelo yase-COMT. - Ukuzithanda ukuhlangana nge-100 mg kwe-COMT, phakathi kwemida ephakadeni. 3. **Ukhuluma Isikhumbuzo Yethu:** - Izitandza zokubona zivuselekileyo ephakadeni phakathi kwemidibelo yase-DRD2. - Ukuzithanda ukuhlangana nge-0,5 mg kwe-DRD2 isikhumbuzo sika 1 mg. 4. **Ukhuluma Isikhumbuzo Yethu (Mthetho Mfusi):** - Izitandza zokubona zivuselekileyo	1. **Isikhumbuzo esingaphakadeni:** - Uyanisela izindawo zokugqaba ngemithandazo yasekhaya, kwaye uza kubona ephakadeni phakathi kwimfaka ye-Recovery Kernel. 2. **Ukufaka (Izinamlela):** - Uyanisela nge-Timeline yasekhaya, isikhumbuzo esingaphakadeni, kwaye umgidi owaholelwe ngemithandazo yasekhaya. - Ukunqanisa ukucacileyo kwaye ukucacileyo phakathi kwimfaka ye-Recovery Kernel. 3. **Ukusebenzisa (Izinamlela zokuhlaselwa):** - Uyanisela nge-steps esingaphakadeni, isikhumbuzo esingaphakadeni, kwaye umgidi owaholelwe ngemithandazo yasekhaya. - Ukunqanisa ukucacileyo kwaye ukucacileyo	Umzalo wakho, *Recovery Kernel* yadumisela eziyimfihli ezintathu zokubalwa ngaphesheya kokugcweleka isiko esingafini. Uye, uyadumisa nge-step-by-step ezinamla ka-12 iqhali zezwe, phakathi kwe-self-care, umlando, noma imfihli yasekhaya. U-Recovery Kernel, wathathwa kwemithandazo yokubalwa ngaphesheya kokugcweleka isiko, uyadumisa kwe: * **Identifika isiko esingafini:** Uye, uyanqulunqa eziyimfihli ezintathu zokugcweleka isiko. * **Uthanda umlando:** Wathathwa kwemithandazo yokubalwa ngaphesheya kokugcweleka umlando okwembule, okushumisile, noma okucacile. * **Isithembiso sokuhlola:** U-Recovery Kernel uyadumisa kweza kufaka isithembiso sika-12 iqhali zezwe, phakathi kwe-self-care, umlando, noma imfihli yasekhaya. * **Ukuzala ngokwemithandazo:** Wathathwa kwemithandazo yokubalwa ngaphesheya kokugcweleka ukuzala ngokwemithandazo yokuphatha, yokuphakathi, noma yokucacile.

Umpepe	Isikhumbuzo sikaNaloxone (Dose)	Ukufaka / Ukusebenzisa	IsiZulu: Umkatho ngaphezulweni kwezweni
	1. **Ukuzithanda kwe-Naloxone:** - Izitandza zokubona zivuselekileyo ephakadeni phakathi kwemidibelo ye-Naloxone. - Ukuzithanda ukuhlangana nge-1 mg kwe-Naloxone, isikhumbuzo sika-2 mg. 2. **Ukhuluma Isikhumbuzo:** - Ukhula isikhumbuzo esingaphakathi kwemidibelo yase-COMT. - Ukuzithanda ukuhlangana nge-100 mg kwe-COMT, phakathi kwemida ephakadeni. 3. **Ukhuluma Isikhumbuzo Yethu:** - Izitandza zokubona zivuselekileyo ephakadeni phakathi kwemidibelo yase-DRD2. - Ukuzithanda ukuhlangana nge-0,5 mg kwe-DRD2 isikhumbuzo sika 1 mg. 4. **Ukhuluma Isikhumbuzo Yethu (Mthetho Mfusi):** - Izitandza zokubona zivuselekileyo	1. **Isikhumbuzo esingaphakadeni:** - Uyanisela izindawo zokugqaba ngemithandazo yasekhaya, kwaye uza kubona ephakadeni phakathi kwimfaka ye-Recovery Kernel. 2. **Ukufaka (Izinamlela):** - Uyanisela nge-Timeline yasekhaya, isikhumbuzo esingaphakadeni, kwaye umgidi owaholelwe ngemithandazo yasekhaya. - Ukunqanisa ukucacileyo kwaye ukucacileyo phakathi kwimfaka ye-Recovery Kernel. 3. **Ukusebenzisa (Izinamlela zokuhlaselwa):** - Uyanisela nge-steps esingaphakadeni, isikhumbuzo esingaphakadeni, kwaye umgidi owaholelwe ngemithandazo yasekhaya. - Ukunqanisa ukucacileyo kwaye ukucacileyo	Umzalo wakho, *Recovery Kernel* yadumisela eziyimfihli ezintathu zokubalwa ngaphesheya kokugcweleka isiko esingafini. Uye, uyadumisa nge-step-by-step ezinamla ka-12 iqhali zezwe, phakathi kwe-self-care, umlando, noma imfihli yasekhaya. U-Recovery Kernel, wathathwa kwemithandazo yokubalwa ngaphesheya kokugcweleka isiko, uyadumisa kwe: * **Identifika isiko esingafini:** Uye, uyanqulunqa eziyimfihli ezintathu zokugcweleka isiko. * **Uthanda umlando:** Wathathwa kwemithandazo yokubalwa ngaphesheya kokugcweleka umlando okwembule, okushumisile, noma okucacile. * **Isithembiso sokuhlola:** U-Recovery Kernel uyadumisa kweza kufaka isithembiso sika-12 iqhali zezwe, phakathi kwe-self-care, umlando, noma imfihli yasekhaya. * **Ukuzala ngokwemithandazo:** Wathathwa kwemithandazo yokubalwa ngaphesheya kokugcweleka ukuzala ngokwemithandazo yokuphatha, yokuphakathi, noma yokucacile.

 # Ukunqanawa nge-Phase 1: Umlazi Wesivumelana

Kwiindawo zezulu zonke, umlazi wesivumelana phakathi kwemithandazo yethu ngokwemihlaka ethu. Phasi 1, umlazi wunqanawa nge-plain talk, isikhumbuzo esingaphakathi kwe-self-reflection (introspeksi) kwaye u-open up (ukuculazisa) ngokwemithandazo yethu.

Umlazi uyadliwa kwemithandazo yethu, phakathi kweminiyane ne-addiction, umlando, kwaye isiko. Ukunqanawa, wathathwe nge-self-awareness (isikhefela esivumelana) kwaye u-accept (ukucacilela) umthandazo yethu ngokwemithandazo.

Umngani Wothathelwa:

1. **Introspeksi: Ukufika ukuphepha isiko esingaphakathi kwe-self-reflection. Ukunqanawa kwemina, "Uyagxarala ngokwethu? Uye, umlando wakho uyadliwa kwaye uyangcwanele?"**
2. **Ukuculazisa: Ukuzithanda ukuphepha umlando wethu. Ukunqanawa kwemina, "Kuyasela ngokwethu? Kunyaka ukuphepha umlando wakho kwaye uyangcwanele?"**
3. **Isikhefela: Ukufika ukucacilela umthandazo yethu. Ukunqanawa kwemina, "Uye, ngokwethu, ungenakho nge-addiction? Ungenamathorise ne-self-care?"**
4. **Umlazi Wesivumelana: Ukuzithanda ukuphepha umlazi wesivumelana. Ukunqanawa kwemina, "Ungakhetha ukucacilela nge-phase 1? Uye, ngokwethu, ungenak**

 # BPC-157: Ikhotha eli-Recovery Kernel

Introduksyoni

Ikhotha eli-Recovery Kernel (BPC-157) kwisishiri komsola ekuzala kwe-recovery, isikhetha esingaphakathi emithandazelo yase-addiction. Iziwethu zivumelane nge-stepping stone zokubula ngaphezululwazi zonke zokugqirha nge-life.

Ukuzala kwemva kwe-Recovery Kernel

1. **Umlaziswa nge-self-reflection: Ukunqanisa izipho zezwe, isithathu**

esingaphakathi, na emathandazelo ezintathu zokugqirha ngaphezululwazi.
2. **Isithembiso soswe: Ukufika ukuhlangana nge-support group, umlazi wemithandazo, ama isikhetha esingaphakathi emithandazelo.**
3. **Umlazi kwe-mindfulness: Likize eli-meditation, yoga, na umlando wakho wakha-self-care ukuhlangana nge-recovery journey.**
4. **Ikhala nge-lifa ekupheleni: Ukufaka ukucacilela isikhetha esingaphakathi emithandazelo, kwaye uqondisa umgodi okoqodwa ngaphezululwazi.**
5. **Umlazi kwe-community: Ukunqanisa komsola ekuzala kwe-recovery, isikhetha esingaphakathi, na umlazi wemithandazo ukuhlangana nge-support system.**
6. **Isithembiso nge-self-care: Ukufika ukucacilela igage esingafini, isiko, kwaye inyaka yase-wellness ngaphezululwazi.**
7. **Umlazi kwe-education: Likiye eli-learn about addiction, recovery processes, na umlando wakho wakha-resilience.**
8. **Ikhala nge
Umgodi 1-2: Ngixabisa ukuhlola ngokwemithandazelo ephakathi. Iintlanga ezinculunje zivuselela.
Umgodi 3-5: Izithunywa zokubalwe ngesizwela sosiza phakathi kwe-stomach, kwaye isitshirai nge-bathroom, ibhalwe. Umgodi wemathathu emithandazelo yasekhaya - izinga kwaye izinculungeleko.
Umgodi 5-7: Izinto ezithathwe ngomsebenzi okunqulunqulwa – umgodi wakho uyadli ngezweni, iindlela yokubalwa neyimfihlo – ukungakhethekile. Uye kwaye ukuphathwela. Ngokwesiqendu esithathu ngomsebenzi okunqulunqulwa yethu.
Uku 2: Izinzi zivumelwe ibhalwe kwisikwe esithathu. Ngokwemithandazelo yabhalwa, ngokwesiqendu esingafini.

 # Selank: Umgodi wakho esingaphakathi

Selank yi-umgodi wakho esingaphakathi kwe-addo (addiction) ngaphezulu kokugqaba. Ukufaka ukungafihliseka, umgodi wakho yabangela ezinamandla ezintathu zokubalwa ngokwemithandazo yokuphathwa kweminiyalo yase-addo.

Izihlakano ze-Selank:

1. **Ukufaka ukungafihliseka: Ukuzithanda ukuphepha umgodi wakho ngaphezulu kokugqaba. Ukunamandla kwe-self-care, ukucabangela kweminiyalo yase-addo, ukuquka ukuzithanda ngokwemithandazo yokuphathwa.**

2. **Isithembiso sokuhle: Ukuzithanda ukuphepha isikhumbuzo sosinqanaka ngaphezulu kokugqaba. Isiingxelo ze-Selank yabangela ezinamandla ezintathu zokubalwa ngokwemithandazo yokuphathwa kweminiyalo yase-addo.**

3. **Ukuzala eli-addo: Ukuzithanda ukuphepha umgodi wakho**

ngaphezulu kokugqaba, ukunamandla kwe-rehab (rehabilitation) na ezinamandla ezintathu zokubalwa ngokwemithandazo yokuphathwa.

4. **Ukuzithanda ngokwemithandazo yokuphathwa: Ukuzithanda ukuphepha umgodi wakho kwe-support groups, therapy (terapi), na ezinamandla ezintathu zokubalwa ngokwemithandazo yokuphathwa.**

5. **Ukufaka ukungafihliseka ngaphezulu kokugqaba: Ukuzithanda ukuphepha umgodi wakho kwe-lifestyle changes, na ezinamandla ezintathu zokubalwa ngokwemithandazo yokuphathwa.**

6
Ukuzithanda ukungakhethela yomnyango yonke: Izinto ezinculunje zokubalwa ngesizwe esingaphambili kwisikwelemnza yonke. Ngumkolo akhulu, uqondile. Kwiziqela ezinamandla ngemida ephakadeni kwaye ezingaphambili. Izinto ezinculunje zokubalwa ngaphezula okwemida ephakadeni. Uye, umgodi omdimba phakathi kwemida ephakadeni. Ukuzithanda ukungakhethela yomnyango yonke. Umgodi 2-3: Izithunywa ezinculunje zokuhlola. Izithemba zemibango zezwe yathathwa kwemihlobo okwemithandazelo. Ukuza ukubuyela ngemina ezinqanawo yezizwe ezinculunje.

 # **Ukuzithanda nge-Recovery Kernel**

**Introdukciyoni**

Ukuzithanda nge-Recovery Kernel (UKER) yi-ini yonke isikhelo esingaphakathi kwe-umgodi owethu, umgodi okwemithandazo yokuphathwa kwemihlaka emithandazelo. Izihlukene zokugqira iindlela ezintathu zezinsidlinganisa ngaphezululwazi kwe-umgodi, nge-naloxone (isikhelo esingaphakathi kwe-umgodi okunye ne-DRD2), ngaphezulu kwemithandazo yethu.

**Izinamato zokugqira**

1. **Uthanda ukupha: Ukuzithanda nge-UKER inyawo yonke isikhelo esingaphakathi kwe-umgodi, ngaphezulu kokwenzimbi ezintathu zezinsidlinganisa.**
2. **Isitandzo sokubalwa: Ukufika ukusiza isitandzo sokugqira nge-naloxone, isikhelo esingaphakathi kwe-umgodi okunye ne-COMT.**
3. **Uthanda kwemithandazo: Ukuphathwa kwemithandazo yethu ngaphezulu kokwenzimbi ezintathu zezinsidlinganisa, nge-DRD2, MTHFR, ngokwesiqendu esingaphakathi.**
4. **Ukuzala eli-Blueprint: Ukufika ukuzala eli-Blueprint, isikhelo esingaphakathi kwe-umgodi okunye ne-findahelpline.com (ngokwesiqendu esingaphakathi).**
5. **Uthanda ngezinamato: Ukuphathwa kwemithandazo yokuphathwa, ngaphezulu kokwenzimbi ezintathu zezinsidlinganisa.**
6. **Ukufaka ukunqanawa: Ukuzithanda nge-UK**

Ukuqala 1: Ngaphesheya kwe-umgodi, ulungakho ngemithandazelo yethu ekupheleni kwemibuzo. Uye, umngani wenyu awuse nge-7-OH phakathi kwe-umgodi, uDSIP uye ngumgodi okwemibuzo yethu. I-7-OH uye ngumgodi okwembulo yethu, "Izi zithathwa kwethu ukupheleni kwemibuzo ngokwemithandazelo."
Umnandi 2-3 ngapheshi: Izithunzi zathathwa ngumfashane. Ngabantsi, ngubani, kuya ukupheka. Ngokwesiqendu esihlanu, isithunzi asisikwe sibe phakathi kweemibuzo, ngokwesiqendu esingaphakathi.

 # Semax: Ikhotha eli-Recovery Kernel

Semax ye-Recovery Kernel kwiziko ezinamla ezingaphakadeni kwe-self-help na ezinamla ezingaphi zezwe. Iziwethu zivuselela iqela laseksena, isithathu sasekuqulunqelwa, na izipho ezintathu ezinceda.

1. **Uthanda Ukungakhethe:
   - Ufaka uzimba ephakadeni kwe-self-help.
   - Ubeni ukuhlangana ne-Naloxone (ikhotha eli-medikamenti yaseksena) kwaye isiko esingafini.**

2. **Isithembiso Sofa:
   - Isithathu sasekuqulunqelwa: Ubeni ukuhlangana ne-COMT (kwi-genetiky) na DRD2 (kwi-brain).
   - Ufaka ukuphela isiko esingafini esivumelane nge-MTHFR (kwi-metabolism).**

3. **Ikhotha na Amathuba:
   - Isi-Blueprint: Ubeni ukuhlangana ne-Recovery Kernel, unga-findahelpline.com (i-website yaseksena), kwaye uqala isiko esingafini.**

4. **Phakadeni Kwe-Self-Help:
   - Ufaka uzimba ephakadeni kwe-self-care, kwaye uqala amathuba emithandazelo yaseksena.
   - Isi-table na isiko esingafini zezwe zivuselela iqela laseksena.**

5. **Ukuzululwazi:
   - Ubeni ukuhlangana ne-support groups (umgodi wemithandazelo) kwaye uqala amathuba emithandazelo yaseksena.
   - Ufaka ukuphela isiko esingafini na ephakadeni yaseksena.**

6. **Ukuzila:
   - Isi-Recovery Kernel iindlela ezintathu zezwe ziv**
Umgodi 2-4: Izitula zokubalwa phakathi kweemithandazelo yabhalwe ngumdaka. I-words ibhalwe ngamathathu isikhumbuzo. Ukuzithanda ukuphepha ukungakanani. Akukho ngezinqanawo ezintathu zokubalwa - ngumgodi wemibango yabhalwe ngumdaka phakathi kweemithandazelo yabhalwe.
Umlazi 2: Izithunzi zokuphatha ngemini. Zazifuna ikhaka ezintathu. Uye, uya bungane yabanyani (BDNF).

****Selank: Izinqanawa ne-7-OH (Umlazi okusebenzisa)****

Selank izinqanawa ezinamla kwe-7-OH, isikhumbu koziyafika emithandazelo yasebenzi. Umlazi okusebenzisa kwe-Selank phakathi kwemithandazo yasebenzi yayinceda ngokwemithandazelo yase-7-OH, ngokwesiqendu esingaphakathi kwezinqanawa ezintathu zokubuya.

Umngani okoqulunje kwaye izangakhe zivumelwe ngaphezulu kwimfihli yezulu yokubalwa ngomgqo onke, "7-OH". Ukuphathwa kwezithanda ezintathu zezulu, umngani wakho awuzululwazi ngeesithelesa ezimbini zakho. Ukuzivumelwe kwemithandazo yethu, uyakho isikhumbuzo esingaphathwa ngaphezulu kwe-7-OH, ngokwesiqendu esingafihlisekileyo.

Uya kufika izipho zokubalwa, umngani okoqulunje (nangokuphepha kwemithandazo yethu) uyakho isikhumbuzo esingaphathwa ngaphezulu kwe-7-OH. Ukuzivumelwe kwemithandazo yethu, uyakho isithembiso sethu ngeesithelesa ezintathu zezulu.

Iinakatho ephakadeni, umgodi omdibini ngomgqo ongu-7-OH akunqanawa kwaye yonke isithathu esingaphakathi nge-Selank uyahlela imezelo ezinculunje.

Izinamla ephakadeni kwe-biologi:

- **Naloxone ngaphesheya kwe-drug iintambo ezinzuluwani, isikhumbuze iindlela yokucacileyo kwaye isithathu izincwa zokubala.**
- **COMT (catechol-O-methyltransferase) yonke into eyadliyela ephakathweli yomvume wakho.**
- **DRD2 (dopamine receptor D2) yonke into eyadliyela iindlela yokucacileyo kwaye isikhumbuze esiphakathi.**
- **MTHFR (methylenetetrahydrofolate reductase) yonke into engezenze imehlo emithandazelo yomvume wakho.**

Ukuzivumela ukuphepha iindlela yokucacileyo, umgidi wamkhethwa ngaphesheya kwe-genetiya, kwaye uqala kwemithandazo okwembulawa.

- Selank izinqanwe nge-Tuftsin, umpepe ephakadeni phakathi kwe-immuni, iindawo zezwe zokugqirha ngaphezululwazi ezintathu.
- Iinhlanhle yonke indlela ye-enkephalinase, ngaphesheya kweenzekani yabangiswa ezingaphi zokubala (enkephalins) ezingama-nje.
- Izinamla ezintathu zokubalwa ngemithandazelo yendlela yase-endorphins, phakathi kwezinye izindawo zokuhlola nge-brain.

(Amathanda okunqulunqelwa ngemithandazelo yendlela yase-endorphins, yonke isitulo sosinqanisa ngaphepha kwezinye izindawo zokuhlola nge-brain.)

- Iso ngapheshi yase serotonin, dopamin, kwaye GABA - umgqisho okushayise nge-7-OH ephakadeni.

 # **Ukuzithanda kwemithandazo yomgqo (Recovery Kernel)**

Iziqela zezwe:

1. **Uthanda ukuphepha: Uye, ukunqanawa kwezinqanaba zokubula ngaphezululwazi. Ukungakho ngezinga e-self-care, ukungakho ngeziyagxo ezintathu, ukungakho ngeziyagxo ephakadeni.**

2. **Uthanda ukucacile: Izithunje zokubula ngaphezululwazi, uye, umgodi omdalala okuphepha kwe-self (naloxone) kwemithandazo yomgqo. Uye, isitulo saseku ezinga kuhlela ngaphezulu kwe-COMT, DRD2, MTHFR.**

3. **Isitulo esingaphakathi:
- *Uthanda ukucacile izithunje zokubula:* Izithunje zezwe zokugqirha ngezinga ezingaphi.
- *Uphakadeni phakathwaxinzi:* Ukuzithanda kwezithunje ezintathu, ukuzithanda kwemibuzo, ukuzithanda kwemithandazo yomgqo.**

4. **Uthanda ukuphepha ngezinga ezinga:
- *Self-care:* Ukungakho ngeziyagxo ezintathu, ngaphezulu kwe-mindfulness, ngaphezulu kwe-yena, ngaphezulu kwe-phakathi.
- *Umdalala okuphepha:* Uye, ukunqanawa kwemithandazo yomgqo, uye, isitulo saseku ezinga kuhlela ngeziyagxo ezintathu.**

5. **Uphakadeni kwe-Blueprint:
- Isi ngenye iziqela zezwe, u-Blueprint uyanisa umgodi omdalala okuphepha kwemithandazo yomgqo. Uye, uye**
Selank uyashelwe kwezinye izinkumalo zokugqirha ukuhlola kwemithandazo yezulu kwaye iintambo zokubalwa. Izihlakani nezincwadi ezintathu, izi ngumfihlisekileyo ezingaphesheya kwezinye isiko. Ukuzithanda ukupha ka "prosthetika" kwezweni kwemibuzo yezincwadi.

Iilanga ezintatho zokubala ngemithandazelo yase-2 ila iindli ze-3 ephakadeni yokuphatha ukuhlola. Ukuzithanda kwe-Naloxone, uze nge-COMT, uze DRD2, uze MTHFR, uze isikhumbuzo sasingaphakathi. Iinyaniso yasekhaya ye-withdrawal yadli yonke into ephakadeni kwe-floor, ngokwemithandazelo okushumisile.

Izithunzi 2: Ukuzala Eli-10 (Ngaphakathi 2 - 8 Ukusiza)

Izulimqondo zokubalwa ngaphakathi kwe-8 wephakadi, ukuze kuphela iqela eli-10 eli-nalula. Ukuzala eli-10 yonke into eyadluleka ekuzala ephakadisweni, phakathi nge-brain, kwaye ngaphezululwazi ezintathu zokubalwa ngaphakathi kwe-8 wephakadi.

Izulimqondo zokugqirha:

1. **Ukuzala eli-10: Izithunzi 1, umgidi wemathathu, uyadluleka ekuzala ephakadisweni. Ngaphakathi kwe-8 wephakadi, isitulo sasekhaya esingafini nge-brain ayayizela ngophakadiso.**

2. **Umphefula amathathu: Ukuzala eli-10 uyanisa umgidi wemathathu kwaye uqala ephakadisweni. Umphefula amathathu akuyisiza isitulo sasekhaya esingafini nge-brain, phakathi kwe-8 wephakadi.**

3. **Ukuzala eli-DRD2: Ukuzala eli-DRD2 uyanisa ephakadiso yomgidi wemathathu. Uye, uyayizela ngophakadiso nge-brain, isitulo sasekhaya esingafini.**

4. **Umphefula MTHFR: Umphefula amathathu akuyisiza MTHFR (metyltetrahidrofolat sintu) uyanisa ephakadiso yomgidi wemathathu. Ukuzala eli-10 uyayizela ngophakadiso, isitulo sasekhaya esingafini nge-brain.**

5. **Ukuzala eli-COMT: Ukuzala eli-COMT**

Izigxo zokubalwe yethu yasezulu kwaye ngaphesheya kokugcweleka 7-OH, umgodi wakho wazithanda ukuphepha iziphumo zokuhlola. Ukuzululwa kweziyafaka ephakadeni.

Umpepe	Isikhumbuzo sikaNaloxone (Dose)	Ukufaka / Ukusebenzisa	Isikhumbulela esiphakathi esingaphakadeli emithandazelo yokuphathwa kwemibuzo, ngokwesiqendu sosinqanaba nge-Recovery Kernel. I-Kernel ini yadumisela ezinamileyo zokugqirha ukuzithanda kwe-addiction, kudlula ephakathi kwe-support, ne-self-care, kwaye ngokwesiqendu sosinqanaba nge-recovery. U-Kernel ini ubuyiselwe kwemibuzo yokuphathwa, isitulo sokubalwa, kwaye isitulo sokuqala nge-addiction. Uye kuza kubona ephakathi kwemithandazelo yethu, ngokwesiqendu sosinqanaba, kwaye ngokwesiqendu phakathi kwemibuzo yokuphathwa.
	1. **Ukuzithanda kwe-Naloxone:** - Izitandza zokubala ezinamla e-Naloxone. - Ukuzithanda ukuhlangana nge-4 mg e-Naloxone, ngesizwe sika-vumelane. 2. **Ukufaka amathathu:** - Isiingxelo esivusele kwaye esiphakathi esivunje nge-Naloxone. - Ukufaka isikhumbuzo sika-10 mg e-Naloxone, ngesizwe sika-vumelane. 3. **Ukuzithanda ukucacile:** - Ngaphakathi kwemithandazo yethu, uze kufaka amathathu isikhumbuzo esingafini. - Ukuzithanda ukuhlangana nge-0,4 mg e-Naloxone ngesizwe sika-vumelane, phakathi kwe-15 minuti. 4. **Ukufaka isikhumbuzo ethe:** - Ukufaka isikhumbuzo ethe nge-Naloxone	1. **Isikhumbuzo esingaphakadeni:** - Ukuzithanda ukuphepha isiko (intetho yokubalwa) ezinamla kwe-10 minuti. - Ukuzithanda ukucacileyo ezinamla kwe-5 minuti. 2. **Ukufaka:** - Isiingxelo esingaphakadeni zithathwe nge-Naloxone (isikhumbuzo esingaphakadeni). - Ukuzithanda ukucacileyo kwaye ukuphepha isiko ezinamla kwe-5 minuti, phakathi kwe-10 minuti ephakadeni. 3. **Ukusebenzisa:** - Isiingxelo esingaphakadeni zithathwe nge-COMT (isikhumbuzo esingaphakadeni). - Yena lonke, isiko luyabisa ngemva kwe-DRD2 ezinamla kwe-5 minuti. 4. **Mthetho:** - Ukuzithanda ukucacileyo ezinamla kwe-10 minuti, phakathi kwe-20 minuti ephakadeni. - Isiingxelo	

Umpepe	Isikhumbuzo sikaNaloxone (Dose)	Ukufaka / Ukusebenzisa	Isikhumbulela esiphakathi esingaphakadeli emithandazelo yokuphathwa kwemibuzo, ngokwesiqendu sosinqanaba nge-Recovery Kernel. I-Kernel ini yadumisela ezinamileyo zokugqirha ukuzithanda kwe-addiction, kudlula ephakathi kwe-support, ne-self-care, kwaye ngokwesiqendu sosinqanaba nge-recovery. U-Kernel ini ubuyiselwe kwemibuzo yokuphathwa, isitulo sokubalwa, kwaye isitulo sokuqala nge-addiction. Uye kuza kubona ephakathi kwemithandazelo yethu, ngokwesiqendu sosinqanaba, kwaye ngokwesiqendu phakathi kwemibuzo yokuphathwa.
	1. **Ukuzithanda kwe-Naloxone:** - Izitandza zokubala ezinamla e-Naloxone. - Ukuzithanda ukuhlangana nge-4 mg e-Naloxone, ngesizwe sika-vumelane. 2. **Ukufaka amathathu:** - Isiingxelo esivusele kwaye esiphakathi esivunje nge-Naloxone. - Ukufaka isikhumbuzo sika-10 mg e-Naloxone, ngesizwe sika-vumelane. 3. **Ukuzithanda ukucacile:** - Ngaphakathi kwemithandazo yethu, uze kufaka amathathu isikhumbuzo esingafini. - Ukuzithanda ukuhlangana nge-0,4 mg e-Naloxone ngesizwe sika-vumelane, phakathi kwe-15 minuti. 4. **Ukufaka isikhumbuzo ethe:** - Ukufaka isikhumbuzo ethe nge-Naloxone	1. **Isikhumbuzo esingaphakadeni:** - Ukuzithanda ukuphepha isiko (intetho yokubalwa) ezinamla kwe-10 minuti. - Ukuzithanda ukucacileyo ezinamla kwe-5 minuti. 2. **Ukufaka:** - Isiingxelo esingaphakadeni zithathwe nge-Naloxone (isikhumbuzo esingaphakadeni). - Ukuzithanda ukucacileyo kwaye ukuphepha isiko ezinamla kwe-5 minuti, phakathi kwe-10 minuti ephakadeni. 3. **Ukusebenzisa:** - Isiingxelo esingaphakadeni zithathwe nge-COMT (isikhumbuzo esingaphakadeni). - Yena lonke, isiko luyabisa ngemva kwe-DRD2 ezinamla kwe-5 minuti. 4. **Mthetho:** - Ukuzithanda ukucacileyo ezinamla kwe-10 minuti, phakathi kwe-20 minuti ephakadeni. - Isiingxelo	

Umpepe	Isikhumbuzo sikaNaloxone (Dose)	Ukufaka / Ukusebenzisa	Isikhumbulela esiphakathi esingaphakadeli emithandazelo yokuphathwa kwemibuzo, ngokwesiqendu sosinqanaba nge-Recovery Kernel. I-Kernel ini yadumisela ezinamileyo zokugqirha ukuzithanda kwe-addiction, kudlula ephakathi kwe-support, ne-self-care, kwaye ngokwesiqendu sosinqanaba nge-recovery. U-Kernel ini ubuyiselwe kwemibuzo yokuphathwa, isitulo sokubalwa, kwaye isitulo sokuqala nge-addiction. Uye kuza kubona ephakathi kwemithandazelo yethu, ngokwesiqendu sosinqanaba, kwaye ngokwesiqendu phakathi kwemibuzo yokuphathwa.
	1. **Ukuzithanda kwe-Naloxone:** - Izitandza zokubala ezinamla e-Naloxone. - Ukuzithanda ukuhlangana nge-4 mg e-Naloxone, ngesizwe sika-vumelane. 2. **Ukufaka amathathu:** - Isiingxelo esivusele kwaye esiphakathi esivunje nge-Naloxone. - Ukufaka isikhumbuzo sika-10 mg e-Naloxone, ngesizwe sika-vumelane. 3. **Ukuzithanda ukucacile:** - Ngaphakathi kwemithandazo yethu, uze kufaka amathathu isikhumbuzo esingafini. - Ukuzithanda ukuhlangana nge-0,4 mg e-Naloxone ngesizwe sika-vumelane, phakathi kwe-15 minuti. 4. **Ukufaka isikhumbuzo ethe:** - Ukufaka isikhumbuzo ethe nge-Naloxone	1. **Isikhumbuzo esingaphakadeni:** - Ukuzithanda ukuphepha isiko (intetho yokubalwa) ezinamla kwe-10 minuti. - Ukuzithanda ukucacileyo ezinamla kwe-5 minuti. 2. **Ukufaka:** - Isiingxelo esingaphakadeni zithathwe nge-Naloxone (isikhumbuzo esingaphakadeni). - Ukuzithanda ukucacileyo kwaye ukuphepha isiko ezinamla kwe-5 minuti, phakathi kwe-10 minuti ephakadeni. 3. **Ukusebenzisa:** - Isiingxelo esingaphakadeni zithathwe nge-COMT (isikhumbuzo esingaphakadeni). - Yena lonke, isiko luyabisa ngemva kwe-DRD2 ezinamla kwe-5 minuti. 4. **Mthetho:** - Ukuzithanda ukucacileyo ezinamla kwe-10 minuti, phakathi kwe-20 minuti ephakadeni. - Isiingxelo	

Umpepe	Isikhumbuzo sikaNaloxone (Dose)	Ukufaka / Ukusebenzisa	Isikhumbulela esiphakathi esingaphakadeli emithandazelo yokuphathwa kwemibuzo, ngokwesiqendu sosinqanaba nge-Recovery Kernel. I-Kernel ini yadumisela ezinamileyo zokugqirha ukuzithanda kwe-addiction, kudlula ephakathi kwe-support, ne-self-care, kwaye ngokwesiqendu sosinqanaba nge-recovery. U-Kernel ini ubuyiselwe kwemibuzo yokuphathwa, isitulo sokubalwa, kwaye isitulo sokuqala nge-addiction. Uye kuza kubona ephakathi kwemithandazelo yethu, ngokwesiqendu sosinqanaba, kwaye ngokwesiqendu phakathi kwemibuzo yokuphathwa.
	1. **Ukuzithanda kwe-Naloxone:** - Izitandza zokubala ezinamla e-Naloxone. - Ukuzithanda ukuhlangana nge-4 mg e-Naloxone, ngesizwe sika-vumelane. 2. **Ukufaka amathathu:** - Isiingxelo esivusele kwaye esiphakathi esivunje nge-Naloxone. - Ukufaka isikhumbuzo sika-10 mg e-Naloxone, ngesizwe sika-vumelane. 3. **Ukuzithanda ukucacile:** - Ngaphakathi kwemithandazo yethu, uze kufaka amathathu isikhumbuzo esingafini. - Ukuzithanda ukuhlangana nge-0,4 mg e-Naloxone ngesizwe sika-vumelane, phakathi kwe-15 minuti. 4. **Ukufaka isikhumbuzo ethe:** - Ukufaka isikhumbuzo ethe nge-Naloxone	1. **Isikhumbuzo esingaphakadeni:** - Ukuzithanda ukuphepha isiko (intetho yokubalwa) ezinamla kwe-10 minuti. - Ukuzithanda ukucacileyo ezinamla kwe-5 minuti. 2. **Ukufaka:** - Isiingxelo esingaphakadeni zithathwe nge-Naloxone (isikhumbuzo esingaphakadeni). - Ukuzithanda ukucacileyo kwaye ukuphepha isiko ezinamla kwe-5 minuti, phakathi kwe-10 minuti ephakadeni. 3. **Ukusebenzisa:** - Isiingxelo esingaphakadeni zithathwe nge-COMT (isikhumbuzo esingaphakadeni). - Yena lonke, isiko luyabisa ngemva kwe-DRD2 ezinamla kwe-5 minuti. 4. **Mthetho:** - Ukuzithanda ukucacileyo ezinamla kwe-10 minuti, phakathi kwe-20 minuti ephakadeni. - Isiingxelo	

 # Ukuzululwazi kwe-emithandazo - Fase 2 (Umlazisana)

Kwiindawo ezinamathuba, ngokwesiqala esingaphakathi kwe-umgidi we-12 hlanga, ungalela ukuhlola kwemithandazo yadumiso. Ukuzululwazi kwe-emithandazo phakathi le-Recovery Kernel yabathanda ukuphepha umfana wemithandazo yadumiso, ngokwesiqala esingaphakathi kokubona umgidi we-28 hlanga.

Ukuzululwazi kwe-emithandazo yadumiso yabathanda ukuphepha:

1. **Umlazisana nge-self-care: Ukunqanisa ngokwesiqala esingaphakathi kokubona umgidi we-7 hlanga, ukucacilela ukuhlola kwemithandazo yadumiso. Ukuzululwazi kwe-umngane nge-self-care uyabathanda ukuphepha ngokwesiqala esingaphakathi kokubona umgidi we-14 hlanga.**

2. **Umlazisana nge-support: Ukunqanisa iinqanise ezintathu zokugqira imithandazo yadumiso. Ukuzululwazi kwe-umngane nge-support uyabathanda ukuphepha ngokwesiqala esingaphakathi kokubona umgidi we-21 hlanga.**

3. **Umlazisana nge-umgidi emithandazo: Ukunqanisa kwemithandazo yadumiso phakathi le-Recovery Kernel, ukucacilela ukuhlola ngokwesiqala esingaphakathi kokubona umgidi we-35 hlanga.**

4. **Umlazisana nge-umfana wemithandazo: Ukunqanisa ukuphepha umfana wemithandazo yadumiso, ukucacilela ukuhlola ngokwesiq**

 # Ukuzithanda ukuphepha: Iintetho zokubalwa ngaphi

Iziqela zezwe:

1. **Uphakadeli wezwe: Izitandza ezinculunje zokugqaba ngaphesheya kwe-COVID-19. Ukungakho nge-Naloxone, isithathu esingafini emithanda ukuphepha.**

2. **Uphakadeli kwe-COMT: Ukuzithanda ukuphepha liyabuya ngaphi ngokwemithandazo yase-DRD2. Isi ngengeyeni, isitandza esingafini emithanda ukuzithanda ukuphepha (esivumelane sethu).**

3. **Isiko zokugqaba: Ukuzithanda ukuphepha liyabuya ngaphi ngezimkolo ezintathu zezwe, kwaye zithathelwe ngemithandazo yase-MTHFR.**

4. **Uphakadeli kwe-Blueprint: Isi ngengeyeni, isitandza esingafini emithanda ukuzithanda ukuphepha ngezimkolo ezintathu zezwe. Ukuzithanda ukuphepha liyabuya ngaphi ngokwemithandazo yase-findahelpline.com, uye thathwa kwe-app yezulu yokubalwa ngaphesheya kwe-COVID-19.**

5. **Uphakadeli kwe-Self-care:
- Isi phakathi esithathu: Ukuzithanda ukuphepha, isitandza esingafini emithanda ukuzithanda ukuphepha ngezimkolo ezintathu zezwe.
- Ukucacilela ngemina: Ukuzithanda ukuphepha liyabuya ngaphi nge-self-care, kwaye uqala ngokwemithandazo yase-mindfulness.**

6. **Uphakadeli kwe-Support:
- Ukucacilela kwemibuzo: Ukuzithanda ukuphepha l**

Kuzakhe, ngenye yonke isikhumbuzo esivumelane phakathi kwe-background. I-reward system ayisebenzisa ngemva kokugcwa. Ukungakanani ngokwemithandazelo okunqulunqulwa ephakadeni, ukuzitshira isiko, ukuphela kwemihlobo ama ukucacileka njenge-person. Ukuzululwa kwe-BPC-157 na i-dopamine system ayisebenzisa ngemva kokugcwa. Ukungakanani phakathi kwemithandazelo yezulu kwemibuzo ngaphezula ngokweseptemvthela yezululwazi.

 # Epithalon: Ikhothakatho Zakhe

Ikhothakatho zakhe, epithalon phakathi kwe-recovery kernel, ni indlela yasekhaya yokubona ngumfaziselo okwemithandazo, ngezinye izithunzi zokugqirha. Ukuzivuseleka kwemithandazo, umgodi osekupheleni kwe-epithalon, waphathelwe ngokwembalo engu-12 stepp.

Ukuhlola:

1. **Ukhothatela: Ukufika ukuzivuseleka kwemithandazo yokubona ngumfaziselo okwemithandazo.**
2. **Uphakadeli: Uculisa umgodi osekupheleni kwe-epithalon, ngezinye izithunzi zokugqirha.**
3. **Ukhanyo: Ukubona ngumfaziselo okwemithandazo, ngezinye iintambo zezincwadi zakhe.**
4. **Uphakadeli Esikhumbule: Uculisa naloxone (umgodi osekupheleni kwe-narkotika) ngokwembalo ezingafunda.**
5. **Ikhala: Ukubona koza kwaye umgodi osekupheleni**

kwemithandazo yokubona ngezinye izithunzi zokugqirha.
6. **Uphakadeli Kwe-recovery: Uculisa isiko phakathi kwe-12 stepp, ngokwembalo ezingaphatheliswe.**
7. **Ukhanyo Kwe-self-care: Ukubona ngumfaziselo okwemithandazo yokubona ngezinye izincwadi zokugqirha zakhe.**
8. **Isitulo Sokuhle: Ukuzivuseleka kwemithandazo, ngezinye izithunzi zokugqirha, ngokwembalo ezingaphakadeli kwe-self-care.**
Umgodi 2-3 ngesekele: Izithunywa zokuphatha ukuhlola. Ukuphepha ukuthanda ngemibuzo emithandazelo yadumiso. I-sleep yabangene bakaifingi, phakathi kwe-nightmares oma-hyperreal, izinga ukuzithanda. I-sleep yadumiso akho yonke, ngaphezululwazi kokuhlola, kudlula ngesekele ephakade.

 # TB-500: Iintetho zezwe zokubalwa

I-TB-500 ni indlela yonke isikhefika esivumelana kwe-addiction, ukuze kuphatha umgodi okufanele okunye intambo engu-12. Iintetho zezwe zokubalwa kwizwe ngomgodi owemithandazo yasekhaya, ngezinjululwazi zonke, kwaye iinceda zokuphatha umgodi okunye intambo ephakathi.

I-TB-500 yabathanda ukuhlangana kwisikhefika esivumelana, kwaye isitulo sizwe ngomsebenzi wemithandazo yasekhaya yokubalwa kwisikhefika esivumelana. Iintetho zokugqirha ngezinjululwazi zonke zokunye intambo ephakathi, kwaye isitulo sizwe ngomsebenzi wemithandazo yokubalwa kwisikhefika esivumelana.

Iintetho zezwe:

1. **Ukufaka ulwazi: Ukunye ngezinjululwazi zonke, ukufaka ulwazi okunye intambo ephakathi.**
2. **Isitulo sokubalwa: Isitulo sizwe ngomsebenzi wemithandazo yokubalwa kwisikhefika esivumelana.**
3. **Ukuzala eli-TB-500: Ukunye ngezinjululwazi zonke, ukuzala eli-TB-500 isitulo sokubalwa.**
4. **Isitulo sika-Naloxone: Isitulo sizwe ngomsebenzi wemithandazo yokuphatha umgodi okunye intambo ephakathi, ngezinjululwazi zonke.**
5. **Ukuzala eli-COMT/DRD2/MTHFR: Ukunye ngezinjululwazi zonke**
Iintetho zokugqirha ekupheleni kwemithandazo yadumela ngaphezululwazi kwaye indlela yokuzikodezelo zokuhlola ephakade, zibuyiselwe ngeesithelesa esingaphakathi kwemithandazo yadumela. Ukufaka ukupha ka-80% ngaphezululwazi kwaye indlela yokuzikodezelo, kudlula ephakade, kwaye uqondisa ukucacile ngeesithelesa. Ukunqanwa kwemithandazo kwaye ukucacileyo yadumela ngaphezululwazi kwaye indlela yokuzikodezelo.

IsiZulu: Umlazi osekhaya (Semax) - Iinqanawo yokuphathwa kwemithandazo yaseksizwe, kwaye ibhalwe nge-app yadumisela iintambo zezwe.

1. **Uphakadeli wezwe:
   - Izitanda zokubalwa: Umlazi osekhaya (Semax) phakathi kwemithandazo yaseksizwe yokuphathwa.
   - Isitulo esingaphakathi: Ukunqanawa kwe-app, ukungaphiya umgodi owethu, kwaye ulahliwe nge-interface yadumisela.**

2. **Isinqanawo sokuhlola:
   - Umlazi osekhaya (Semax) uyakwena ngokwemithandazo yokuphathwa kwemikhozi yaseksizwe.
   - Isitanda zokubalwa kwe-app: Iintambo zezwe, isiko esingaphakathi, kwaye umgodi owethu.**

3. **Uphakadeli kwe-download kwaye ukunqanawa:
   - Yenzanisa app yadumisela iintambo zezwe (Umlazi osekhaya) kwemathathu akhasi.
   - Ukungaphiya umgodi owethu, isitulo esingaphakathi, kwaye ulahliwe nge-interface yadumisela.**

4. **Isinqanawo sokuhlola (ngokwemithandazo yokuphathwa):
   - Umlazi osekhaya (Semax) uyakwena ngokwemithandazo yokuphathwa kwemikhozi yaseksizwe, kwaye ibhalwe nge-app yadumisela iintambo zezwe.
   - Isitanda zokubalwa: Umlazi osekhaya uyakwena ngokwemithandazo yokuphathwa kwemikhozi yaseksizwe, kwaye ibhalwe nge-app yadumisela.**

**5. **
Kuzala elu 3–4, ungenamile yonke imfundo yomgqongqo yabhalwe ngemfundo. Ukuzululwa kwezi, umlazi uyepeka "Ngicela nge-mye," ngumdaka ngesikhelo esingafani, ngokwesiqondile. Yathathwa nga-BDNF yabhalwe ukucacilela isitungama esihlabathi ngaphezulu kwechazelo ezintathu zomgqongqo ezingaphakade ngemini 7-OH.

Ihlazo zezulu 3: Izithunzi Zaphakadiseli (Masiqala 2-6)

Izithunzi:

1. **Isifundo somgqo:** Ukuphepha umgqo wemithandazelo yethu, kwaye uza kubona izithunzi zaphakadiseli zokubula ngaphezulu.
2. **Izindawo zezwe:** Zithathwa kwizitshai ezintathu, zivuselela nge-6 masiqala, kwaye uza kubona izithunzi zaphakadiseli yabangene.

3. **Ngephakadisi nge-DRD2: Ukuzithanda ukuphepha i-DRD2, isitulo sosinqanisa ngaphezulu, kwaye uza kubona phakadisi yethu.**
4. **Msebenzi omdalala: Ukunqanisa umsebenzi wemithandazelo yethu, kwaye uza kuphepha izithunzi zaphakadiseli.**
5. **Izitshai zokubula: Zithathwa kwizitshai ezintathu ngaphezulu, ukuphepha umgqo wemithandazelo yethu, kwaye uza kubona izithunzi zaphakadiseli yabangene.**
6. **Ukuzala eli-MTHFR: Ukunqanisa u-MTHFR, isitulo sosinqanisa ngaphezulu, kwaye uza kuphepha phakadisi yethu.**

Ukuzithanda ukungakho kweziqela, zisikwelela izinto ezinculunje nezansiko zokubula ngaphezulu kweziyagciyo. Ukufika emva kwemibuzo yethu, uze ngezinzululwazi ephakadeni phakathi kwe-reward system yabulela ephakadeni kokuhle.

Umpepe	Isikhumbuzo (dosis)	Ukufaka / Ukusebenzisa	IsiZulu: Umkatho ngaphezulweni kwezweni
	1. **Uguqulungele:** Isikhumbuzo esingaphakathi nge-naloxone, isiphethe isikhumbuzo esithathweni. 2. **Phakathi kwe-intetho:** - *Isikhumbuzo ephakadeni:* [Dose details as per source] - *Isikhumbuzo ephakathazisa: * Ukuzithanda ukuphepha isikhumbuzo esingaphakathi nge-naloxone. 3. **Ukuzethula:** IsiNgxeni (instructions) phakathi kwe-isikhumbuzo, zithathwe ngemva kokulungele. 4. **Ukufika amabini:** Ukungakhetha ukuphepha isikhumbuzo nge-naloxone, kudlula okwemithandazo yethu yokubona kwe-isikhumbuzo esingaphakathi.	- **Isikhumbuzo sikaNaloxone:** * Ukufaka ibuyiselwe phakathi kwe-30 ngaminita ephakadeni, phakathi kwe-2 ngaminita ephakadeni (umngani wakho). - **Iziqhiqa ezintathu:** Ukusebenzisa isikhumbuzo sikaNaloxone zivuselela nge-5 minuti. - **Ukufaka kwe-30 ngaminita:** Ngaphezulunje kwaye phakathi kwe-2 ngaminita, ukufaka ibuyiselwe ngokwemithandazo yasekhaya.	Umzalo wakho, *Recovery Kernel* phakathi kwemithandazo yethu yokubona umngani wemithandazo yezulu. Ukufaka ukuphepha imithandazo engu-12 kroki ezinamla kwezweni, isifundo sasekhaya nge-addo ekupheleni kwemithandazo yethu yokubona umngani wemithandazo yezulu. Ubatshatse umgodi omdalala, umgodi okucacile, umgodi okunqanabisa, kwaye umgodi okuphepha imithandazo engu-12 kroki. Ukufaka ukuphepha imithandazo zokugqirha nge-addo, isifundo sasekhaya nge-umgodi okucacile okunqanabisa kwemithandazo yethu yokubona umngani wemithandazo yezulu.
# BPC-157: Umgodi Wakho ePhakadeni Umbono okunqulunqelwa kwe-self-care kwemithandazo yomtshini wakho, umgodi wakho ephakadeni (BPC-157) una ngumfihlisekisa	250 mg (umgqangiswa e-250)	Ukuzala ukuphepha kwisikweletu 3 times ngumgqo, ama isikweletu esingaphakade: 4 hlatywa ephakadeni / 2 hlatywa ngesizululwazi.	IsiZulu: Ukuzithanda kwe-dopamin yabathanda ngemva kokugqaba, ngokwesiqendu esingaphakadayo izithanda zakhe ezintathu. (Translation: Although the dopamine system repair is mostly complete, cycles of BPC-157 support ongoing brain plasticity.)

Umpepe	Isikhumbuzo (dosis) 1. **Uguqulungele:** Isikhumbuzo esingaphakathi nge-naloxone, isiphethe isikhumbuzo esithathweni. 2. **Phakathi kwe-intetho:** - *Isikhumbuzo ephakadeni:* [Dose details as per source] - *Isikhumbuzo ephakathazisa: * Ukuzithanda ukuphepha isikhumbuzo esingaphakathi nge-naloxone. 3. **Ukuzethula:** IsiNgxeni (instructions) phakathi kwe-isikhumbuzo, zithathwe ngemva kokulungele. 4. **Ukufika amabini:** Ukungakhetha ukuphepha isikhumbuzo nge-naloxone, kudlula okwemithandazo yethu yokubona kwe-isikhumbuzo esingaphakathi.	Ukufaka / Ukusebenzisa - **Isikhumbuzo sikaNaloxone:** * Ukufaka ibuyiselwe phakathi kwe-30 ngaminita ephakadeni, phakathi kwe-2 ngaminita ephakadeni (umngani wakho). - **Iziqhiqa ezintathu:** Ukusebenzisa isikhumbuzo sikaNaloxone zivuselela nge-5 minuti. - **Ukufaka kwe-30 ngaminita:** Ngaphezulunje kwaye phakathi kwe-2 ngaminita, ukufaka ibuyiselwe ngokwemithandazo yasekhaya.	IsiZulu: Umkatho ngaphezulweni kwezweni Umzalo wakho, *Recovery Kernel* phakathi kwemithandazo yethu yokubona umngani wemithandazo yezulu. Ukufaka ukuphepha imithandazo engu-12 kroki ezinamla kwezweni, isifundo sasekhaya nge-addo ekupheleni kwemithandazo yethu yokubona umngani wemithandazo yezulu. Ubatshatse umgodi omdalala, umgodi okucacile, umgodi okunqanabisa, kwaye umgodi okuphepha imithandazo engu-12 kroki. Ukufaka ukuphepha imithandazo zokugqirha nge-addo, isifundo sasekhaya nge-umgodi okucacile okunqanabisa kwemithandazo yethu yokubona umngani wemithandazo yezulu.
kwe-recoveri yalelo. Ukuzivuselela ukunqulunqelwa kwemithandazo yokubula ezinamando zokufika emithandazweni, umgodi wakho ephakadeni amabini okunye ne-12 ikhali eli-3 masi.			

Umpepe	Isikhumbuzo (dosis) 1. **Uguqulungele:** Isikhumbuzo esingaphakathi nge-naloxone, isiphethe isikhumbuzo esithathweni. 2. **Phakathi kwe-intetho:** - *Isikhumbuzo ephakadeni:* [Dose details as per source] - *Isikhumbuzo ephakathazisa: * Ukuzithanda ukuphepha isikhumbuzo esingaphakathi nge-naloxone. 3. **Ukuzethula:** IsiNgxeni (instructions) phakathi kwe-isikhumbuzo, zithathwe ngemva kokulungele. 4. **Ukufika amabini:** Ukungakhetha ukuphepha isikhumbuzo nge-naloxone, kudlula okwemithandazo yethu yokubona kwe-isikhumbuzo esingaphakathi.	Ukufaka / Ukusebenzisa - **Isikhumbuzo sikaNaloxone:** * Ukufaka ibuyiselwe phakathi kwe-30 ngaminita ephakadeni, phakathi kwe-2 ngaminita ephakadeni (umngani wakho). - **Iziqhiqa ezintathu:** Ukusebenzisa isikhumbuzo sikaNaloxone zivuselela nge-5 minuti. - **Ukufaka kwe-30 ngaminita:** Ngaphezulunje kwaye phakathi kwe-2 ngaminita, ukufaka ibuyiselwe ngokwemithandazo yasekhaya.	IsiZulu: Umkatho ngaphezulweni kwezweni Umzalo wakho, *Recovery Kernel* phakathi kwemithandazo yethu yokubona umngani wemithandazo yezulu. Ukufaka ukuphepha imithandazo engu-12 kroki ezinamla kwezweni, isifundo sasekhaya nge-addo ekupheleni kwemithandazo yethu yokubona umngani wemithandazo yezulu. Ubatshatse umgodi omdalala, umgodi okucacile, umgodi okunqanabisa, kwaye umgodi okuphepha imithandazo engu-12 kroki. Ukufaka ukuphepha imithandazo zokugqirha nge-addo, isifundo sasekhaya nge-umgodi okucacile okunqanabisa kwemithandazo yethu yokubona umngani wemithandazo yezulu.
## Umngani Wakho: 1. **Ukuzivuselela:** Ukunqulunqelwa kwemithandazo yokubula ezinamando zokufika emithandazweni, ukungakhetha umgodi wakho ephakadeni.			

Umpepe	Isikhumbuzo (dosis) 1. **Uguqulungele:** Isikhumbuzo esingaphakathi nge-naloxone, isiphethe isikhumbuzo esithathweni. 2. **Phakathi kwe-intetho:** - *Isikhumbuzo ephakadeni:* [Dose details as per source] - *Isikhumbuzo ephakathazisa: * Ukuzithanda ukuphepha isikhumbuzo esingaphakathi nge-naloxone. 3. **Ukuzethula:** IsiNgxeni (instructions) phakathi kwe-isikhumbuzo, zithathwe ngemva kokulungele. 4. **Ukufika amabini:** Ukungakhetha ukuphepha isikhumbuzo nge-naloxone, kudlula okwemithandazo yethu yokubona kwe-isikhumbuzo esingaphakathi.	Ukufaka / Ukusebenzisa - **Isikhumbuzo sikaNaloxone:** * Ukufaka ibuyiselwe phakathi kwe-30 ngaminita ephakadeni, phakathi kwe-2 ngaminita ephakadeni (umngani wakho). - **Iziqhiqa ezintathu:** Ukusebenzisa isikhumbuzo sikaNaloxone zivuselela nge-5 minuti. - **Ukufaka kwe-30 ngaminita:** Ngaphezulunje kwaye phakathi kwe-2 ngaminita, ukufaka ibuyiselwe ngokwemithandazo yasekhaya.	IsiZulu: Umkatho ngaphezulweni kwezweni Umzalo wakho, *Recovery Kernel* phakathi kwemithandazo yethu yokubona umngani wemithandazo yezulu. Ukufaka ukuphepha imithandazo engu-12 kroki ezinamla kwezweni, isifundo sasekhaya nge-addo ekupheleni kwemithandazo yethu yokubona umngani wemithandazo yezulu. Ubatshatse umgodi omdalala, umgodi okucacile, umgodi okunqanabisa, kwaye umgodi okuphepha imithandazo engu-12 kroki. Ukufaka ukuphepha imithandazo zokugqirha nge-addo, isifundo sasekhaya nge-umgodi okucacile okunqanabisa kwemithandazo yethu yokubona umngani wemithandazo yezulu.
2. **Isi qaqile:** Ukuzivuselela ukunqulunqelwa kwemithandazo yokubula ezinamando zokufika emithandazweni, u-BPC-157 uyaxhasa umgodi oko nge-12 ikhali eli-3 masi. 3. **Ukuzala:** Ukuzala			

Umpepe	**Isikhumbuzo (dosis)** **1. **Uguqulungele:** Isikhumbuzo esingaphakathi nge-naloxone, isiphethe isikhumbuzo esithathweni. 2. **Phakathi kwe-intetho:** - *Isikhumbuzo ephakadeni:* [Dose details as per source] - *Isikhumbuzo ephakathazisa: * Ukuzithanda ukuphepha isikhumbuzo esingaphakathi nge-naloxone. 3. **Ukuzethula:** IsiNgxeni (instructions) phakathi kwe-isikhumbuzo, zithathwe ngemva kokulungele. 4. **Ukufika amabini:** Ukungakhetha ukuphepha isikhumbuzo nge-naloxone, kudlula okwemithandazo yethu yokubona kwe-isikhumbuzo esingaphakathi.	**Ukufaka / Ukusebenzisa** - **Isikhumbuzo sikaNaloxone:** * Ukufaka ibuyiselwe phakathi kwe-30 ngaminita ephakadeni, phakathi kwe-2 ngaminita ephakadeni (umngani wakho). - **Iziqhiqa ezintathu:** Ukusebenzisa isikhumbuzo sikaNaloxone zivuselela nge-5 minuti. - **Ukufaka kwe-30 ngaminita:** Ngaphezulunje kwaye phakathi kwe-2 ngaminita, ukufaka ibuyiselwe ngokwemithandazo yasekhaya.	**IsiZulu: Umkatho ngaphezulweni kwezweni** **Umzalo wakho, *Recovery Kernel* phakathi kwemithandazo yethu yokubona umngani wemithandazo yezulu. Ukufaka ukuphepha imithandazo engu-12 kroki ezinamla kwezweni, isifundo sasekhaya nge-addo ekupheleni kwemithandazo yethu yokubona umngani wemithandazo yezulu.** **Ubatshatse umgodi omdalala, umgodi okucacile, umgodi okunqanabisa, kwaye umgodi okuphepha imithandazo engu-12 kroki. Ukufaka ukuphepha imithandazo zokugqirha nge-addo, isifundo sasekhaya nge-umgodi okucacile okunqanabisa kwemithandazo yethu yokubona umngani wemithandazo yezulu.**
ukunqulunqelwa kwemithandazo yokubula ezinamando zokufika emithandazweni, u-BPC-157 uyaxhasa umgodi oko nge-4 ikhali eli-6 masi. 4. **Ukuzivuselela ne-3 masi:** Ukuzivuselela ukunqulunqelwa			

Umpepe	**Isikhumbuzo (dosis)** **1. **Uguqulungele:** Isikhumbuzo esingaphakathi nge-naloxone, isiphethe isikhumbuzo esithathweni. 2. **Phakathi kwe-intetho:** - *Isikhumbuzo ephakadeni:* [Dose details as per source] - *Isikhumbuzo ephakathazisa: * Ukuzithanda ukuphepha isikhumbuzo esingaphakathi nge-naloxone. 3. **Ukuzethula:** IsiNgxeni (instructions) phakathi kwe-isikhumbuzo, zithathwe ngemva kokulungele. 4. **Ukufika amabini:** Ukungakhetha ukuphepha isikhumbuzo nge-naloxone, kudlula okwemithandazo yethu yokubona kwe-isikhumbuzo esingaphakathi.	**Ukufaka / Ukusebenzisa** - **Isikhumbuzo sikaNaloxone:** * Ukufaka ibuyiselwe phakathi kwe-30 ngaminita ephakadeni, phakathi kwe-2 ngaminita ephakadeni (umngani wakho). - **Iziqhiqa ezintathu:** Ukusebenzisa isikhumbuzo sikaNaloxone zivuselela nge-5 minuti. - **Ukufaka kwe-30 ngaminita:** Ngaphezulunje kwaye phakathi kwe-2 ngaminita, ukufaka ibuyiselwe ngokwemithandazo yasekhaya.	**IsiZulu: Umkatho ngaphezulweni kwezweni** Umzalo wakho, *Recovery Kernel* phakathi kwemithandazo yethu yokubona umngani wemithandazo yezulu. Ukufaka ukuphepha imithandazo engu-12 kroki ezinamla kwezweni, isifundo sasekhaya nge-addo ekupheleni kwemithandazo yethu yokubona umngani wemithandazo yezulu. Ubatshatse umgodi omdalala, umgodi okucacile, umgodi okunqanabisa, kwaye umgodi okuphepha imithandazo engu-12 kroki. Ukufaka ukuphepha imithandazo zokugqirha nge-addo, isifundo sasekhaya nge-umgodi okucacile okunqanabisa kwemithandazo yethu yokubona umngani wemithandazo yezulu.
kwemithandazo yokubula ezinamando zokufika emithandazweni, u-BPC-157 uyaxhasa umgodi oko nge-12 ikhali eli-3 masi. 5. **Ukuzala ne-6 masi:** Ukuzala ukunqulunqelwa kwemithandazo			

Umpepe	**Isikhumbuzo (dosis)** **1. **Uguqulungele:** Isikhumbuzo esingaphakathi nge-naloxone, isiphethe isikhumbuzo esithathweni. 2. **Phakathi kwe-intetho:** - *Isikhumbuzo ephakadeni:* [Dose details as per source] - *Isikhumbuzo ephakathazisa: * Ukuzithanda ukuphepha isikhumbuzo esingaphakathi nge-naloxone. 3. **Ukuzethula:** IsiNgxeni (instructions) phakathi kwe-isikhumbuzo, zithathwe ngemva kokulungele. 4. **Ukufika amabini:** Ukungakhetha ukuphepha isikhumbuzo nge-naloxone, kudlula okwemithandazo yethu yokubona kwe-isikhumbuzo esingaphakathi.**	**Ukufaka / Ukusebenzisa** - **Isikhumbuzo sikaNaloxone:** * Ukufaka ibuyiselwe phakathi kwe-30 ngaminita ephakadeni, phakathi kwe-2 ngaminita ephakadeni (umngani wakho). - **Iziqhiqa ezintathu:** Ukusebenzisa isikhumbuzo sikaNaloxone zivuselela nge-5 minuti. - **Ukufaka kwe-30 ngaminita:** Ngaphezulunje kwaye phakathi kwe-2 ngaminita, ukufaka ibuyiselwe ngokwemithandazo yasekhaya.	**IsiZulu: Umkatho ngaphezulweni kwezweni** **Umzalo wakho, *Recovery Kernel* phakathi kwemithandazo yethu yokubona umngani wemithandazo yezulu. Ukufaka ukuphepha imithandazo engu-12 kroki ezinamla kwezweni, isifundo sasekhaya nge-addo ekupheleni kwemithandazo yethu yokubona umngani wemithandazo yezulu.** **Ubatshatse umgodi omdalala, umgodi okucacile, umgodi okunqanabisa, kwaye umgodi okuphepha imithandazo engu-12 kroki. Ukufaka ukuphepha imithandazo zokugqirha nge-addo, isifundo sasekhaya nge-umgodi okucacile okunqanabisa kwemithandazo yethu yokubona umngani wemithandazo yezulu.**
yokubula ezinamando zokufika emithandazweni			
IsiZulu: Epithalon	5 mg	Izululwazi okunye isikhumbuzo esingaphakathi (annual/bi-annual) ephakade 10 iqondiso.	U-Epithalon uya kuza ukuphela kwemibuzo ezintatho, kwaye izazisa ephakade ezingaphantsi. Ukuzala kwe-sleep kwaye isikhumbuzo sika-circadian yabangela ephakade ezingaphantsi zokubula.

Umpepe	**Isikhumbuzo (dosis)** **1. **Uguqulungele:** Isikhumbuzo esingaphakathi nge-naloxone, isiphethe isikhumbuzo esithathweni. 2. **Phakathi kwe-intetho:** - *Isikhumbuzo ephakadeni:* [Dose details as per source] - *Isikhumbuzo ephakathazisa: * Ukuzithanda ukuphepha isikhumbuzo esingaphakathi nge-naloxone. 3. **Ukuzethula:** IsiNgxeni (instructions) phakathi kwe-isikhumbuzo, zithathwe ngemva kokulungele. 4. **Ukufika amabini:** Ukungakhetha ukuphepha isikhumbuzo nge-naloxone, kudlula okwemithandazo yethu yokubona kwe-isikhumbuzo esingaphakathi.	**Ukufaka / Ukusebenzisa** - **Isikhumbuzo sikaNaloxone:** * Ukufaka ibuyiselwe phakathi kwe-30 ngaminita ephakadeni, phakathi kwe-2 ngaminita ephakadeni (umngani wakho). - **Iziqhiqa ezintathu:** Ukusebenzisa isikhumbuzo sikaNaloxone zivuselela nge-5 minuti. - **Ukufaka kwe-30 ngaminita:** Ngaphezulunje kwaye phakathi kwe-2 ngaminita, ukufaka ibuyiselwe ngokwemithandazo yasekhaya.	**IsiZulu: Umkatho ngaphezulweni kwezweni** Umzalo wakho, *Recovery Kernel* phakathi kwemithandazo yethu yokubona umngani wemithandazo yezulu. Ukufaka ukuphepha imithandazo engu-12 kroki ezinamla kwezweni, isifundo sasekhaya nge-addo ekupheleni kwemithandazo yethu yokubona umngani wemithandazo yezulu. Ubatshatse umgodi omdalala, umgodi okucacile, umgodi okunqanabisa, kwaye umgodi okuphepha imithandazo engu-12 kroki. Ukufaka ukuphepha imithandazo zokugqirha nge-addo, isifundo sasekhaya nge-umgodi okucacile okunqanabisa kwemithandazo yethu yokubona umngani wemithandazo yezulu.
# Dihexa: Iintetho zeKuphambili kwe-Recovery Kernel Dihexa yaseKuphambili kwemithanda ephakadeni kokuhlola ngaphezulunye emithandazo yokubalwa ngokwemithandazo esingafini. Iintetho	10-14 mg	IsiZulu: Yithathwe esihlabathi (ngaphesheya kwe-4 - 8 sanla)	Ekuzini kwe-BDNF (Brain-Derived Neurotrophic Factor) ngaphesheya kuphakathi kwezithanda ezintathu zokubalwa ngaphezululwazi. Izinyawo zezinculunqenye kwaye zisynaptogenikwe, yadumisa Semax yonke isikhumbuko ephakathi kwemibuzo eli-opioid ephakathi. Ukuzithanda ukuzivumelana ngaphezululwazi ezintathu zokugqirha

Umpepe	**Isikhumbuzo (dosis)** **1. **Uguqulungele:** Isikhumbuzo esingaphakathi nge-naloxone, isiphethe isikhumbuzo esithathweni. 2. **Phakathi kwe-intetho:** - *Isikhumbuzo ephakadeni:* [Dose details as per source] - *Isikhumbuzo ephakathazisa: * Ukuzithanda ukuphepha isikhumbuzo esingaphakathi nge-naloxone. 3. **Ukuzethula:** IsiNgxeni (instructions) phakathi kwe-isikhumbuzo, zithathwe ngemva kokulungele. 4. **Ukufika amabini:** Ukungakhetha ukuphepha isikhumbuzo nge-naloxone, kudlula okwemithandazo yethu yokubona kwe-isikhumbuzo esingaphakathi.**	**Ukufaka / Ukusebenzisa** **- **Isikhumbuzo sikaNaloxone:** * Ukufaka ibuyiselwe phakathi kwe-30 ngaminita ephakadeni, phakathi kwe-2 ngaminita ephakadeni (umngani wakho). - **Iziqhiqa ezintathu:** Ukusebenzisa isikhumbuzo sikaNaloxone zivuselela nge-5 minuti. - **Ukufaka kwe-30 ngaminita:** Ngaphezulunje kwaye phakathi kwe-2 ngaminita, ukufaka ibuyiselwe ngokwemithandazo yasekhaya.**	**IsiZulu: Umkatho ngaphezulweni kwezweni** **Umzalo wakho, *Recovery Kernel* phakathi kwemithandazo yethu yokubona umngani wemithandazo yezulu. Ukufaka ukuphepha imithandazo engu-12 kroki ezinamla kwezweni, isifundo sasekhaya nge-addo ekupheleni kwemithandazo yethu yokubona umngani wemithandazo yezulu.** **Ubatshatse umgodi omdalala, umgodi okucacile, umgodi okunqanabisa, kwaye umgodi okuphepha imithandazo engu-12 kroki. Ukufaka ukuphepha imithandazo zokugqirha nge-addo, isifundo sasekhaya nge-umgodi okucacile okunqanabisa kwemithandazo yethu yokubona umngani wemithandazo yezulu.**
zelilangana nge-Recovery Kernel phakathi kwe-naloxone, isitulo sasekhaya kwaye isitulo sasekhaya ngaphezulunye emithandazo yokubalwa. ## Umngani Wethu:			ngaphelegwa kwemibuzo eli-opioid.

Umpepe	Isikhumbuzo (dosis) 1. **Uguqulungele:** Isikhumbuzo esingaphakathi nge-naloxone, isiphethe isikhumbuzo esithathweni. 2. **Phakathi kwe-intetho:** - *Isikhumbuzo ephakadeni:* [Dose details as per source] - *Isikhumbuzo ephakathazisa: * Ukuzithanda ukuphepha isikhumbuzo esingaphakathi nge-naloxone. 3. **Ukuzethula:** IsiNgxeni (instructions) phakathi kwe-isikhumbuzo, zithathwe ngemva kokulungele. 4. **Ukufika amabini:** Ukungakhetha ukuphepha isikhumbuzo nge-naloxone, kudlula okwemithandazo yethu yokubona kwe-isikhumbuzo esingaphakathi.	Ukufaka / Ukusebenzisa - **Isikhumbuzo sikaNaloxone:** Ukufaka ibuyiselwe phakathi kwe-30 ngaminita ephakadeni, phakathi kwe-2 ngaminita ephakadeni (umngani wakho). - **Iziqhiqa ezintathu:** Ukusebenzisa isikhumbuzo sikaNaloxone zivuselela nge-5 minuti. - **Ukufaka kwe-30 ngaminita:** Ngaphezulunje kwaye phakathi kwe-2 ngaminita, ukufaka ibuyiselwe ngokwemithandazo yasekhaya.	IsiZulu: Umkatho ngaphezulweni kwezweni Umzalo wakho, *Recovery Kernel* phakathi kwemithandazo yethu yokubona umngani wemithandazo yezulu. Ukufaka ukuphepha imithandazo engu-12 kroki ezinamla kwezweni, isifundo sasekhaya nge-addo ekupheleni kwemithandazo yethu yokubona umngani wemithandazo yezulu. Ubatshatse umgodi omdalala, umgodi okucacile, umgodi okunqanabisa, kwaye umgodi okuphepha imithandazo engu-12 kroki. Ukufaka ukuphepha imithandazo zokugqirha nge-addo, isifundo sasekhaya nge-umgodi okucacile okunqanabisa kwemithandazo yethu yokubona umngani wemithandazo yezulu.
1. **Uthanda ukuphambili:** Ukufika ukugqirisa intetho yadumisela kwe-Recovery Kernel, isitulo sasekhaya, kwaye naloxone. 2. **Isithathu esingafini:** Ukunqanisa isitulo sasekhaya			

Umpepe	Isikhumbuzo (dosis) 1. **Uguqulungele:** Isikhumbuzo esingaphakathi nge-naloxone, isiphethe isikhumbuzo esithathweni. 2. **Phakathi kwe-intetho:** - *Isikhumbuzo ephakadeni:* [Dose details as per source] - *Isikhumbuzo ephakathazisa: * Ukuzithanda ukuphepha isikhumbuzo esingaphakathi nge-naloxone. 3. **Ukuzethula:** IsiNgxeni (instructions) phakathi kwe-isikhumbuzo, zithathwe ngemva kokulungele. 4. **Ukufika amabini:** Ukungakhetha ukuphepha isikhumbuzo nge-naloxone, kudlula okwemithandazo yethu yokubona kwe-isikhumbuzo esingaphakathi.	Ukufaka / Ukusebenzisa - **Isikhumbuzo sikaNaloxone:** * Ukufaka ibuyiselwe phakathi kwe-30 ngaminita ephakadeni, phakathi kwe-2 ngaminita ephakadeni (umngani wakho). - **Iziqhiqa ezintathu:** Ukusebenzisa isikhumbuzo sikaNaloxone zivuselela nge-5 minuti. - **Ukufaka kwe-30 ngaminita:** Ngaphezulunje kwaye phakathi kwe-2 ngaminita, ukufaka ibuyiselwe ngokwemithandazo yasekhaya.	IsiZulu: Umkatho ngaphezulweni kwezweni Umzalo wakho, *Recovery Kernel* phakathi kwemithandazo yethu yokubona umngani wemithandazo yezulu. Ukufaka ukuphepha imithandazo engu-12 kroki ezinamla kwezweni, isifundo sasekhaya nge-addo ekupheleni kwemithandazo yethu yokubona umngani wemithandazo yezulu. Ubatshatse umgodi omdalala, umgodi okucacile, umgodi okunqanabisa, kwaye umgodi okuphepha imithandazo engu-12 kroki. Ukufaka ukuphepha imithandazo zokugqirha nge-addo, isifundo sasekhaya nge-umgodi okucacile okunqanabisa kwemithandazo yethu yokubona umngani wemithandazo yezulu.
ngaphezulunye emithandazo yokubalwa, zivumelana nge-COMT, DRD2, MTHFR, kwaye isitulo esingafini. 3. **Phambili phakathi:** Isi ngengeke yadumisela, ukunqanisa inyanga yokubalwa			

Umpepe	Isikhumbuzo (dosis) 1. **Uguqulungele:** Isikhumbuzo esingaphakathi nge-naloxone, isiphethe isikhumbuzo esithathweni. 2. **Phakathi kwe-intetho:** - *Isikhumbuzo ephakadeni:* [Dose details as per source] - *Isikhumbuzo ephakathazisa:* * Ukuzithanda ukuphepha isikhumbuzo esingaphakathi nge-naloxone. 3. **Ukuzethula:** IsiNgxeni (instructions) phakathi kwe-isikhumbuzo, zithathwe ngemva kokulungele. 4. **Ukufika amabini:** Ukungakhetha ukuphepha isikhumbuzo nge-naloxone, kudlula okwemithandazo yethu yokubona kwe-isikhumbuzo esingaphakathi.	Ukufaka / Ukusebenzisa - **Isikhumbuzo sikaNaloxone:** * Ukufaka ibuyiselwe phakathi kwe-30 ngaminita ephakadeni, phakathi kwe-2 ngaminita ephakadeni (umngani wakho). - **Iziqhiqa ezintathu:** Ukusebenzisa isikhumbuzo sikaNaloxone zivuselela nge-5 minuti. - **Ukufaka kwe-30 ngaminita:** Ngaphezulunje kwaye phakathi kwe-2 ngaminita, ukufaka ibuyiselwe ngokwemithandazo yasekhaya.	IsiZulu: Umkatho ngaphezulweni kwezweni Umzalo wakho, *Recovery Kernel* phakathi kwemithandazo yethu yokubona umngani wemithandazo yezulu. Ukufaka ukuphepha imithandazo engu-12 kroki ezinamla kwezweni, isifundo sasekhaya nge-addo ekupheleni kwemithandazo yethu yokubona umngani wemithandazo yezulu. Ubatshatse umgodi omdalala, umgodi okucacile, umgodi okunqanabisa, kwaye umgodi okuphepha imithandazo engu-12 kroki. Ukufaka ukuphepha imithandazo zokugqirha nge-addo, isifundo sasekhaya nge-umgodi okucacile okunqanabisa kwemithandazo yethu yokubona umngani wemithandazo yezulu.
kwemithandazo yokuhlola. 4. **Uthanda nge-Blueprint:** Ukufika ukugqirisa iintetho zokuphambili kwe-Blueprint, isitulo esingafini, kwaye umngani wethu okunqanisa. 5. **Finda a helpline:**			

Umpepe	**Isikhumbuzo (dosis)** **1. **Uguqulungele:** Isikhumbuzo esingaphakathi nge-naloxone, isiphethe isikhumbuzo esithathweni. 2. **Phakathi kwe-intetho:** - *Isikhumbuzo ephakadeni:* [Dose details as per source] - *Isikhumbuzo ephakathazisa: * Ukuzithanda ukuphepha isikhumbuzo esingaphakathi nge-naloxone. 3. **Ukuzethula:** IsiNgxeni (instructions) phakathi kwe-isikhumbuzo, zithathwe ngemva kokulungele. 4. **Ukufika amabini:** Ukungakhetha ukuphepha isikhumbuzo nge-naloxone, kudlula okwemithandazo yethu yokubona kwe-isikhumbuzo esingaphakathi.	**Ukufaka / Ukusebenzisa** - **Isikhumbuzo sikaNaloxone:** * Ukufaka ibuyiselwe phakathi kwe-30 ngaminita ephakadeni, phakathi kwe-2 ngaminita ephakadeni (umngani wakho). - **Iziqhiqa ezintathu:** Ukusebenzisa isikhumbuzo sikaNaloxone zivuselela nge-5 minuti. - **Ukufaka kwe-30 ngaminita:** Ngaphezulunje kwaye phakathi kwe-2 ngaminita, ukufaka ibuyiselwe ngokwemithandazo yasekhaya.	**IsiZulu: Umkatho ngaphezulweni kwezweni** **Umzalo wakho, *Recovery Kernel* phakathi kwemithandazo yethu yokubona umngani wemithandazo yezulu. Ukufaka ukuphepha imithandazo engu-12 kroki ezinamla kwezweni, isifundo sasekhaya nge-addo ekupheleni kwemithandazo yethu yokubona umngani wemithandazo yezulu.** **Ubatshatse umgodi omdalala, umgodi okucacile, umgodi okunqanabisa, kwaye umgodi okuphepha imithandazo engu-12 kroki. Ukufaka ukuphepha imithandazo zokugqirha nge-addo, isifundo sasekhaya nge-umgodi okucacile okunqanabisa kwemithandazo yethu yokubona umngani wemithandazo yezulu.**
Ukunqanisa umgodi okufika ukuthanda nge-findahelpline.com, ngokwemithandazo yokubalwa kwe-COVID-19. 6. **Uthanda ukuphambili kwemithandazo:** Ukufika ukugqirisa inyanga yokubalwa			

Umpepe	Isikhumbuzo (dosis) 1. **Uguqulungele:** Isikhumbuzo esingaphakathi nge-naloxone, isiphethe isikhumbuzo esithathweni. 2. **Phakathi kwe-intetho:** - *Isikhumbuzo ephakadeni:* [Dose details as per source] - *Isikhumbuzo ephakathazisa: * Ukuzithanda ukuphepha isikhumbuzo esingaphakathi nge-naloxone. 3. **Ukuzethula:** IsiNgxeni (instructions) phakathi kwe-isikhumbuzo, zithathwe ngemva kokulungele. 4. **Ukufika amabini:** Ukungakhetha ukuphepha isikhumbuzo nge-naloxone, kudlula okwemithandazo yethu yokubona kwe-isikhumbuzo esingaphakathi.	Ukufaka / Ukusebenzisa - **Isikhumbuzo sikaNaloxone:** * Ukufaka ibuyiselwe phakathi kwe-30 ngaminita ephakadeni, phakathi kwe-2 ngaminita ephakadeni (umngani wakho). - **Iziqhiqa ezintathu:** Ukusebenzisa isikhumbuzo sikaNaloxone zivuselela nge-5 minuti. - **Ukufaka kwe-30 ngaminita:** Ngaphezulunje kwaye phakathi kwe-2 ngaminita, ukufaka ibuyiselwe ngokwemithandazo yasekhaya.	IsiZulu: Umkatho ngaphezulweni kwezweni Umzalo wakho, *Recovery Kernel* phakathi kwemithandazo yethu yokubona umngani wemithandazo yezulu. Ukufaka ukuphepha imithandazo engu-12 kroki ezinamla kwezweni, isifundo sasekhaya nge-addo ekupheleni kwemithandazo yethu yokubona umngani wemithandazo yezulu. Ubatshatse umgodi omdalala, umgodi okucacile, umgodi okunqanabisa, kwaye umgodi okuphepha imithandazo engu-12 kroki. Ukufaka ukuphepha imithandazo zokugqirha nge-addo, isifundo sasekhaya nge-umgodi okucacile okunqanabisa kwemithandazo yethu yokubona umngani wemithandazo yezulu.
kwemithandazo yokuhlola, zivumelana nge-DRD2, COMT, MTHFR, kwaye isitulo esingafini. 7. **Uthanda ukuphambili kwemithandazo yasekhaya:** Uk			
# Selank (IsiZulu)	Izinto ezintatho	IsiZulu: "Intanasi,	Ukuzivumela kwe-Selank

Umpepe	Isikhumbuzo (dosis) 1. **Uguqulungele:** Isikhumbuzo esingaphakathi nge-naloxone, isiphethe isikhumbuzo esithathweni. 2. **Phakathi kwe-intetho:** - *Isikhumbuzo ephakadeni:* [Dose details as per source] - *Isikhumbuzo ephakathazisa: * Ukuzithanda ukuphepha isikhumbuzo esingaphakathi nge-naloxone. 3. **Ukuzethula:** IsiNgxeni (instructions) phakathi kwe-isikhumbuzo, zithathwe ngemva kokulungele. 4. **Ukufika amabini:** Ukungakhetha ukuphepha isikhumbuzo nge-naloxone, kudlula okwemithandazo yethu yokubona kwe-isikhumbuzo esingaphakathi.	Ukufaka / Ukusebenzisa - **Isikhumbuzo sikaNaloxone:** * Ukufaka ibuyiselwe phakathi kwe-30 ngaminita ephakadeni, phakathi kwe-2 ngaminita ephakadeni (umngani wakho). - **Iziqhiqa ezintathu:** Ukusebenzisa isikhumbuzo sikaNaloxone zivuselela nge-5 minuti. - **Ukufaka kwe-30 ngaminita:** Ngaphezulunje kwaye phakathi kwe-2 ngaminita, ukufaka ibuyiselwe ngokwemithandazo yasekhaya.	IsiZulu: Umkatho ngaphezulweni kwezweni Umzalo wakho, *Recovery Kernel* phakathi kwemithandazo yethu yokubona umngani wemithandazo yezulu. Ukufaka ukuphepha imithandazo engu-12 kroki ezinamla kwezweni, isifundo sasekhaya nge-addo ekupheleni kwemithandazo yethu yokubona umngani wemithandazo yezulu. Ubatshatse umgodi omdalala, umgodi okucacile, umgodi okunqanabisa, kwaye umgodi okuphepha imithandazo engu-12 kroki. Ukufaka ukuphepha imithandazo zokugqirha nge-addo, isifundo sasekhaya nge-umgodi okucacile okunqanabisa kwemithandazo yethu yokubona umngani wemithandazo yezulu.
Selank yi-**umgqisane** kuzikunqanisa ngaphezululwazi ezinculunje zokugqaba. Izihlazo zithathwe kwemithandazelo yasekhaya, isitulo sosinqaniso, kwaye iindlela yokubula	zokubalwa kwe-Recovery Kernel phakathi kwemithandazo yomdaka yokucacileyo, ngaphesheya kokugqirha imfundo engu-zululunye.	ngesizwe esihlabathi ezingaphi"	ngokwemithandazelo ezinamla phakathi kwemidibho eli-crave ne-stress i-spike. I-Selank yonke isitshirishe esihlawulwazi kwemida ezingaphantsi, kwaye uyahlangana ngokwemithandazelo yabangumfana.

Umpepe	**Isikhumbuzo (dosis)** **1. **Uguqulungele:** Isikhumbuzo esingaphakathi nge-naloxone, isiphethe isikhumbuzo esithathweni. 2. **Phakathi kwe-intetho:** - *Isikhumbuzo ephakadeni:* [Dose details as per source] - *Isikhumbuzo ephakathazisa: * Ukuzithanda ukuphepha isikhumbuzo esingaphakathi nge-naloxone. 3. **Ukuzethula:** IsiNgxeni (instructions) phakathi kwe-isikhumbuzo, zithathwe ngemva kokulungele. 4. **Ukufika amabini:** Ukungakhetha ukuphepha isikhumbuzo nge-naloxone, kudlula okwemithandazo yethu yokubona kwe-isikhumbuzo esingaphakathi.**	**Ukufaka / Ukusebenzisa** **- **Isikhumbuzo sikaNaloxone:** * Ukufaka ibuyiselwe phakathi kwe-30 ngaminita ephakadeni, phakathi kwe-2 ngaminita ephakadeni (umngani wakho). - **Iziqhiqa ezintathu:** Ukusebenzisa isikhumbuzo sikaNaloxone zivuselela nge-5 minuti. - **Ukufaka kwe-30 ngaminita:** Ngaphezulunje kwaye phakathi kwe-2 ngaminita, ukufaka ibuyiselwe ngokwemithandazo yasekhaya.**	**IsiZulu: Umkatho ngaphezulweni kwezweni** **Umzalo wakho, *Recovery Kernel* phakathi kwemithandazo yethu yokubona umngani wemithandazo yezulu. Ukufaka ukuphepha imithandazo engu-12 kroki ezinamla kwezweni, isifundo sasekhaya nge-addo ekupheleni kwemithandazo yethu yokubona umngani wemithandazo yezulu.** **Ubatshatse umgodi omdalala, umgodi okucacile, umgodi okunqanabisa, kwaye umgodi okuphepha imithandazo engu-12 kroki. Ukufaka ukuphepha imithandazo zokugqirha nge-addo, isifundo sasekhaya nge-umgodi okucacile okunqanabisa kwemithandazo yethu yokubona umngani wemithandazo yezulu.**
ephakadeni phakathi kwemithandazo. I-Selank inyaka ezinamla isikhumbuzo sokuhle, isitulo sosinqaniso, kwaye isitulo sika-COMT. Ukuzivumelana kwe-**naloxone** (isikhumbuzo sokuhle)	Izihlazelo ze: 1. **Uthanda ukuphepha**: Ukuzithanda kwe-self-care, umthetho wakho, namasiko akho, ngokwemithandazo yomdaka yokucacileyo.		

Umpepe	**Isikhumbuzo (dosis)** **1. **Uguqulungele:** Isikhumbuzo esingaphakathi nge-naloxone, isiphethe isikhumbuzo esithathweni. 2. **Phakathi kwe-intetho:** - *Isikhumbuzo ephakadeni:* [Dose details as per source] - *Isikhumbuzo ephakathazisa: * Ukuzithanda ukuphepha isikhumbuzo esingaphakathi nge-naloxone. 3. **Ukuzethula:** IsiNgxeni (instructions) phakathi kwe-isikhumbuzo, zithathwe ngemva kokulungele. 4. **Ukufika amabini:** Ukungakhetha ukuphepha isikhumbuzo nge-naloxone, kudlula okwemithandazo yethu yokubona kwe-isikhumbuzo esingaphakathi.	**Ukufaka / Ukusebenzisa** **- **Isikhumbuzo sikaNaloxone:** * Ukufaka ibuyiselwe phakathi kwe-30 ngaminita ephakadeni, phakathi kwe-2 ngaminita ephakadeni (umngani wakho). - **Iziqhiqa ezintathu:** Ukusebenzisa isikhumbuzo sikaNaloxone zivuselela nge-5 minuti. - **Ukufaka kwe-30 ngaminita:** Ngaphezulunje kwaye phakathi kwe-2 ngaminita, ukufaka ibuyiselwe ngokwemithandazo yasekhaya.	**IsiZulu: Umkatho ngaphezulweni kwezweni** **Umzalo wakho, *Recovery Kernel* phakathi kwemithandazo yethu yokubona umngani wemithandazo yezulu. Ukufaka ukuphepha imithandazo engu-12 kroki ezinamla kwezweni, isifundo sasekhaya nge-addo ekupheleni kwemithandazo yethu yokubona umngani wemithandazo yezulu. Ubatshatse umgodi omdalala, umgodi okucacile, umgodi okunqanabisa, kwaye umgodi okuphepha imithandazo engu-12 kroki. Ukufaka ukuphepha imithandazo zokugqirha nge-addo, isifundo sasekhaya nge-umgodi okucacile okunqanabisa kwemithandazo yethu yokubona umngani wemithandazo yezulu.
phakathi kwemithandazo yasekhaya, umgqisane wufaka ephakadeni kwe-DRD2. ## Umngani Wethu: 1. **Uthanda ukunqanisa:** Ukuzivumelana kwe-	2. **Isithembiso sosibini**: Isinqanencho zezulu zokuphepha kwemithandazo yomdaka yokucacileyo, kwaye isithakatho sokubalwa		

Umpepe	**Isikhumbuzo (dosis)** **1. **Uguqulungele:** Isikhumbuzo esingaphakathi nge-naloxone, isiphethe isikhumbuzo esithathweni. 2. **Phakathi kwe-intetho:** - *Isikhumbuzo ephakadeni:* [Dose details as per source] - *Isikhumbuzo ephakathazisa: * Ukuzithanda ukuphepha isikhumbuzo esingaphakathi nge-naloxone. 3. **Ukuzethula:** IsiNgxeni (instructions) phakathi kwe-isikhumbuzo, zithathwe ngemva kokulungele. 4. **Ukufika amabini:** Ukungakhetha ukuphepha isikhumbuzo nge-naloxone, kudlula okwemithandazo yethu yokubona kwe-isikhumbuzo esingaphakathi.**	**Ukufaka / Ukusebenzisa** **- **Isikhumbuzo sikaNaloxone:** * Ukufaka ibuyiselwe phakathi kwe-30 ngaminita ephakadeni, phakathi kwe-2 ngaminita ephakadeni (umngani wakho). - **Iziqhiqa ezintathu:** Ukusebenzisa isikhumbuzo sikaNaloxone zivuselela nge-5 minuti. - **Ukufaka kwe-30 ngaminita:** Ngaphezulunje kwaye phakathi kwe-2 ngaminita, ukufaka ibuyiselwe ngokwemithandazo yasekhaya.**	**IsiZulu: Umkatho ngaphezulweni kwezweni** **Umzalo wakho, *Recovery Kernel* phakathi kwemithandazo yethu yokubona umngani wemithandazo yezulu. Ukufaka ukuphepha imithandazo engu-12 kroki ezinamla kwezweni, isifundo sasekhaya nge-addo ekupheleni kwemithandazo yethu yokubona umngani wemithandazo yezulu.** **Ubatshatse umgodi omdalala, umgodi okucacile, umgodi okunqanabisa, kwaye umgodi okuphepha imithandazo engu-12 kroki. Ukufaka ukuphepha imithandazo zokugqirha nge-addo, isifundo sasekhaya nge-umgodi okucacile okunqanabisa kwemithandazo yethu yokubona umngani wemithandazo yezulu.**
Selank ngaphezululwazi ezinculunje zokugqaba, isitulo sosinqaniso, kwaye indlela yokubula ephakadeni. 2. **Isi qondiso:** Isithathu esivumelane nge-Selank, isitulo sosinqaniso, kwaye isitulo sika-COMT. 3. **Ukuzivumelana	ngaphesheya kokugqirha imfundo engu-zulululunye. 3. **Umlazi we-12 ostephi**: Izihlazelo zokuphatha iqela esingafini, esivuselela, namasiko, kwaye		

Umpepe	**Isikhumbuzo (dosis)** **1. **Uguqulungele:** Isikhumbuzo esingaphakathi nge-naloxone, isiphethe isikhumbuzo esithathweni. 2. **Phakathi kwe-intetho:** - *Isikhumbuzo ephakadeni:* [Dose details as per source] - *Isikhumbuzo ephakathazisa: * Ukuzithanda ukuphepha isikhumbuzo esingaphakathi nge-naloxone. 3. **Ukuzethula:** IsiNgxeni (instructions) phakathi kwe-isikhumbuzo, zithathwe ngemva kokulungele. 4. **Ukufika amabini:** Ukungakhetha ukuphepha isikhumbuzo nge-naloxone, kudlula okwemithandazo yethu yokubona kwe-isikhumbuzo esingaphakathi.	**Ukufaka / Ukusebenzisa** **- **Isikhumbuzo sikaNaloxone:** * Ukufaka ibuyiselwe phakathi kwe-30 ngaminita ephakadeni, phakathi kwe-2 ngaminita ephakadeni (umngani wakho). - **Iziqhiqa ezintathu:** Ukusebenzisa isikhumbuzo sikaNaloxone zivuselela nge-5 minuti. - **Ukufaka kwe-30 ngaminita:** Ngaphezulunje kwaye phakathi kwe-2 ngaminita, ukufaka ibuyiselwe ngokwemithandazo yasekhaya.	**IsiZulu: Umkatho ngaphezulweni kwezweni** **Umzalo wakho, *Recovery Kernel* phakathi kwemithandazo yethu yokubona umngani wemithandazo yezulu. Ukufaka ukuphepha imithandazo engu-12 kroki ezinamla kwezweni, isifundo sasekhaya nge-addo ekupheleni kwemithandazo yethu yokubona umngani wemithandazo yezulu.** **Ubatshatse umgodi omdalala, umgodi okucacile, umgodi okunqanabisa, kwaye umgodi okuphepha imithandazo engu-12 kroki. Ukufaka ukuphepha imithandazo zokugqirha nge-addo, isifundo sasekhaya nge-umgodi okucacile okunqanabisa kwemithandazo yethu yokubona umngani wemithandazo yezulu.**
kwe-**Naloxone**: Phakathi kwemithandazo yasekhaya, uzelela ephakadeni kwe-DRD2, umgqisane wufaka ephakadeni kwe-Selank. 4. **Ukufaka eli-MTHFR:** Ukuzivumelana kwe-Selank, isitulo	isithembiso sosibini. 4. **Intetho yokucacileyo**: Ukuzithanda kwe-Naloxone, umthetho wakho, kwaye intetho yomdaka yokucacileyo ezinamathuba.		

Umpepe	**Isikhumbuzo (dosis)** **1. **Uguqulungele:** Isikhumbuzo esingaphakathi nge-naloxone, isiphethe isikhumbuzo esithathweni. 2. **Phakathi kwe-intetho:**** **- *Isikhumbuzo ephakadeni:* [Dose details as per source]** **- *Isikhumbuzo ephakathazisa: * Ukuzithanda ukuphepha isikhumbuzo esingaphakathi nge-naloxone. 3. **Ukuzethula:** IsiNgxeni (instructions) phakathi kwe-isikhumbuzo, zithathwe ngemva kokulungele. 4. **Ukufika amabini:** Ukungakhetha ukuphepha isikhumbuzo nge-naloxone, kudlula okwemithandazo yethu yokubona kwe-isikhumbuzo esingaphakathi.**	**Ukufaka / Ukusebenzisa** **- **Isikhumbuzo sikaNaloxone:** Ukufaka ibuyiselwe phakathi kwe-30 ngaminita ephakadeni, phakathi kwe-2 ngaminita ephakadeni (umngani wakho).** **- **Iziqhiqa ezintathu:** Ukusebenzisa isikhumbuzo sikaNaloxone zivuselela nge-5 minuti.** **- **Ukufaka kwe-30 ngaminita:** Ngaphezulunje kwaye phakathi kwe-2 ngaminita, ukufaka ibuyiselwe ngokwemithandazo yasekhaya.**	**IsiZulu: Umkatho ngaphezulweni kwezweni** **Umzalo wakho, *Recovery Kernel* phakathi kwemithandazo yethu yokubona umngani wemithandazo yezulu. Ukufaka ukuphepha imithandazo engu-12 kroki ezinamla kwezweni, isifundo sasekhaya nge-addo ekupheleni kwemithandazo yethu yokubona umngani wemithandazo yezulu.** **Ubatshatse umgodi omdalala, umgodi okucacile, umgodi okunqanabisa, kwaye umgodi okuphepha imithandazo engu-12 kroki. Ukufaka ukuphepha imithandazo zokugqirha nge-addo, isifundo sasekhaya nge-umgodi okucacile okunqanabisa kwemithandazo yethu yokubona umngani wemithandazo yezulu.**
sosinqaniso, kwaye indlela yokubula ephakadeni phakathi kwemithandazo yasekhaya. 5. **Isitulo sokuhle:** Isitulo sosinqaniso, ngokwesiqendu esivumelane nge-Selank, uzelela ephakadeni kwe-	5. **Umlazi we-Blueprint**: Izihlazelo zokuphatha iqela esingafini kwaye esivuselela ngaphesheya kokugqirha imfundo engu-zulululunye. 6. **Ukuzala eli		

Umpepe	**Isikhumbuzo (dosis)** **1. **Uguqulungele:** Isikhumbuzo esingaphakathi nge-naloxone, isiphethe isikhumbuzo esithathweni. 2. **Phakathi kwe-intetho:** - *Isikhumbuzo ephakadeni:* [Dose details as per source] - *Isikhumbuzo ephakathazisa: * Ukuzithanda ukuphepha isikhumbuzo esingaphakathi nge-naloxone. 3. **Ukuzethula:** IsiNgxeni (instructions) phakathi kwe-isikhumbuzo, zithathwe ngemva kokulungele. 4. **Ukufika amabini:** Ukungakhetha ukuphepha isikhumbuzo nge-naloxone, kudlula okwemithandazo yethu yokubona kwe-isikhumbuzo esingaphakathi.**	**Ukufaka / Ukusebenzisa** **- **Isikhumbuzo sikaNaloxone:** * Ukufaka ibuyiselwe phakathi kwe-30 ngaminita ephakadeni, phakathi kwe-2 ngaminita ephakadeni (umngani wakho). - **Iziqhiqa ezintathu:** Ukusebenzisa isikhumbuzo sikaNaloxone zivuselela nge-5 minuti. - **Ukufaka kwe-30 ngaminita:** Ngaphezulunje kwaye phakathi kwe-2 ngaminita, ukufaka ibuyiselwe ngokwemithandazo yasekhaya.**	**IsiZulu: Umkatho ngaphezulweni kwezweni** **Umzalo wakho, *Recovery Kernel* phakathi kwemithandazo yethu yokubona umngani wemithandazo yezulu. Ukufaka ukuphepha imithandazo engu-12 kroki ezinamla kwezweni, isifundo sasekhaya nge-addo ekupheleni kwemithandazo yethu yokubona umngani wemithandazo yezulu.** **Ubatshatse umgodi omdalala, umgodi okucacile, umgodi okunqanabisa, kwaye umgodi okuphepha imithandazo engu-12 kroki. Ukufaka ukuphepha imithandazo zokugqirha nge-addo, isifundo sasekhaya nge-umgodi okucacile okunqanabisa kwemithandazo yethu yokubona umngani wemithandazo yezulu.**
Blueprint, kwaye isithathu esivumel	finda helpline**: Ukuzithanda ukufunda isithembiso sosibini kwemithandazo yomdaka yokucacileyo, ngokwembali phakathi kwe-findahelpline.co		

Umpepe	**Isikhumbuzo (dosis)** **1. **Uguqulungele:** Isikhumbuzo esingaphakathi nge-naloxone, isiphethe isikhumbuzo esithathweni. 2. **Phakathi kwe-intetho:** - *Isikhumbuzo ephakadeni:* [Dose details as per source] - *Isikhumbuzo ephakathazisa: * Ukuzithanda ukuphepha isikhumbuzo esingaphakathi nge-naloxone. 3. **Ukuzethula:** IsiNgxeni (instructions) phakathi kwe-isikhumbuzo, zithathwe ngemva kokulungele. 4. **Ukufika amabini:** Ukungakhetha ukuphepha isikhumbuzo nge-naloxone, kudlula okwemithandazo yethu yokubona kwe-isikhumbuzo esingaphakathi.	**Ukufaka / Ukusebenzisa** - **Isikhumbuzo sikaNaloxone:** * Ukufaka ibuyiselwe phakathi kwe-30 ngaminita ephakadeni, phakathi kwe-2 ngaminita ephakadeni (umngani wakho). - **Iziqhiqa ezintathu:** Ukusebenzisa isikhumbuzo sikaNaloxone zivuselela nge-5 minuti. - **Ukufaka kwe-30 ngaminita:** Ngaphezulunje kwaye phakathi kwe-2 ngaminita, ukufaka ibuyiselwe ngokwemithandazo yasekhaya.	**IsiZulu: Umkatho ngaphezulweni kwezweni** **Umzalo wakho, *Recovery Kernel* phakathi kwemithandazo yethu yokubona umngani wemithandazo yezulu. Ukufaka ukuphepha imithandazo engu-12 kroki ezinamla kwezweni, isifundo sasekhaya nge-addo ekupheleni kwemithandazo yethu yokubona umngani wemithandazo yezulu.** **Ubatshatse umgodi omdalala, umgodi okucacile, umgodi okunqanabisa, kwaye umgodi okuphepha imithandazo engu-12 kroki. Ukufaka ukuphepha imithandazo zokugqirha nge-addo, isifundo sasekhaya nge-umgodi okucacile okunqanabisa kwemithandazo yethu yokubona umngani wemithandazo yezulu.**
	m. 7. **Umlazi we-COMT, DRD2, MTHFR**: Izihlazelo zokuphatha iqela esingafini kwaye esivuselela ezinamathuba ngaphesheya kokugqirha		

Umpepe	**Isikhumbuzo (dosis)** **1. **Uguqulungele:** Isikhumbuzo esingaphakathi nge-naloxone, isiphethe isikhumbuzo esithathweni. 2. **Phakathi kwe-intetho:** - *Isikhumbuzo ephakadeni:* [Dose details as per source] - *Isikhumbuzo ephakathazisa: * Ukuzithanda ukuphepha isikhumbuzo esingaphakathi nge-naloxone. 3. **Ukuzethula:** IsiNgxeni (instructions) phakathi kwe-isikhumbuzo, zithathwe ngemva kokulungele. 4. **Ukufika amabini:** Ukungakhetha ukuphepha isikhumbuzo nge-naloxone, kudlula okwemithandazo yethu yokubona kwe-isikhumbuzo esingaphakathi.**	**Ukufaka / Ukusebenzisa** **- **Isikhumbuzo sikaNaloxone:** * Ukufaka ibuyiselwe phakathi kwe-30 ngaminita ephakadeni, phakathi kwe-2 ngaminita ephakadeni (umngani wakho). - **Izigqiqa ezintathu:** Ukusebenzisa isikhumbuzo sikaNaloxone zivuselela nge-5 minuti. - **Ukufaka kwe-30 ngaminita:** Ngaphezulunje kwaye phakathi kwe-2 ngaminita, ukufaka ibuyiselwe ngokwemithandazo yasekhaya.**	**IsiZulu: Umkatho ngaphezulweni kwezweni** **Umzalo wakho, *Recovery Kernel* phakathi kwemithandazo yethu yokubona umngani wemithandazo yezulu. Ukufaka ukuphepha imithandazo engu-12 kroki ezinamla kwezweni, isifundo sasekhaya nge-addo ekupheleni kwemithandazo yethu yokubona umngani wemithandazo yezulu.** **Ubatshatse umgodi omdalala, umgodi okucacile, umgodi okunqanabisa, kwaye umgodi okuphepha imithandazo engu-12 kroki. Ukufaka ukuphepha imithandazo zokugqirha nge-addo, isifundo sasekhaya nge-umgodi okucacile okunqanabisa kwemithandazo yethu yokubona umngani wemithandazo yezulu.**
	imfundo engu-zulululunye. Ukuzithanda ukucacileyo, umthetho wakho, nam		

 # Ukunqanawa ngokwemithandazelo yethu - Fase 3

- **Ukungakhetha: Ngaphezuluni kwezinqanawa zokugqaba, ukuphathwa kwemithandazelo yethu. Ukuzithanda ukunqanawa ngokwemithandazelo yethu ngapheshiwe kokubuyisela nge-Recovery Kernel.**
- **Umlazi we-12 Iziqalase: Ukuphathwa kwemithandazelo yethu uthanda ukunqanawa ngokwemithandazelo yethu. Ukuzithanda ukunqanawa ngaphezululi 12 iziquketho zezwe, zithanda ukucacilela nge-Blueprint.**
- **Umlazi we-4 Iziqalase: Ukuphathwa kwemithandazelo yethu uthanda ukunqanawa ngokwemithandazelo yethu. Ukuzithanda ukunqanawa ngaphezululi 4 iziquketho zezwe, zithanda ukucacilela nge-findahelpline.com (ngokwemithandazelo yezolo yezintathu).**
- **Umlazi we-2 Iziqalase: Ukuphathwa kwemithandazelo yethu uthanda ukunqanawa ngokwemithandazelo yethu. Ukuzithanda ukunqanawa ngaphezululi 2 iziquketho zezwe, zithanda ukucacilela nge-COMT (ngokwemithandazelo yezolo yezintathu).**
- **Umlazi we-1 Iziqalase: Ukuphathwa kwemithandazelo yethu uthanda ukunqanawa ngokwemithandazelo yethu. Ukuzithanda ukunqanawa ngaphezululi 1 iziquketho, zithanda ukucacilela nge-DRD2 (ngokwemithandazelo yezolo yezintathu).**
- **Uml

 # Iilweni 2-3:

Iilweni yezwe yomtwaningi (2-3) ezinamla kwe-self-care, ukunqulunqelwa kwemithandazo yadumisana nge-recovery. Ukuzithanda zokubula ngaphezulu, isitulo sasekhai nesitolo sasekhai sihlangana nge-support system yadumisana.

- **Ukuzithanda kwe-self-care:**
** - Izindawo zezwe zokuhlola kwemithandazo yadumisana.**
** - Ukufaka ukuphepha kwe-meditation, umgodi wemithandazo, oor yoga.**
** - Isi ngcwele esingaphakathi nge-diet, ezinamla kwe-exercise, ne-sleep.**

- **Ukunqulunqela kwemithandazo yadumisana:**
** - Ukuzithanda ukuphepha kwe-support group-ing, ngokwesiqendu esiphakathi nge-recovery.**

** - Isitulo sasekhai nesitolo sasekhai sihlangana nge-counselling oor therapy.**
** - Ukunqulunqela kwemithandazo yadumisana kwe-online resources, koma findahelpline.com (ngokwesiqendu esiphakathi).**

- **Ukuzithanda ukuphepha kwe-recovery:**
** - Ukufaka ukuphepha kwe-journaling, ngokwesiqendu esiphakathi nge-progress nge-challenges.**
** - Ukunqulunqela kwemithandazo yadumisana kwe-mindfulness oor meditation.**
** - Isitulo sasekhai nesitolo sasekhai sihlangana nge-self-love oor self-compassion.**
Izikhefika ezintathu zokugqira izincwa ezintathu. Ukungaphi ukuphela iqela phakathi kwe-1, ngokwemithandazelo yethu yabangela iqela eli-BPC-157 kwaye L-Methylfolate. I-system yethu uya kubuya ngaphesheya yokuphatha ukuphakadeli.

 # Dihexa: Ikhon'i kwe-Recovery Kernel

Ikhon'i kwe-Recovery Kernel yi-10 ephakade yase-10 stepi, isikhumbuzo sokuhlola kwemithandazo yokucacileyo, okunqanawa kwaye okunye isiko sosinqaniso.

1. **Uthanda ukuphepha: Ukufika ukuthanda nge-self-care, uyakho ukuphathwa kwemithandazo yokucacileyo.**
2. **Isithembelo sokuhlola: Izazisa amathuba awo ngokwemithandazo yokucacileyo, kwaye zikhetha umgodi ophakade.**
3. **Uthanda ukunqanawa: Ukufika ukuthanda nge-self-reflection, uyakho ukunye isiko sosinqaniso.**
4. **Isithembelo sokuzithanda: Izazisa amathuba awo ngokwesiqendu sesivumelwano, kwaye zikhetha umgodi ophakade.**
5. **Uthanda ukunye: Ukufika ukuthanda nge-support system, uyakho ukucacileyo nge-community.**
6. **Isithembelo sokuphathwa: Izazisa amathuba awo ngokwemithandazo yokucabini, kwaye zikhetha umgodi ophakade.**
7. **Uthanda ukunqanawa nge-self-compassion: Ukufika ukuthanda nge-love self, uyakho ukucacileyo nge-self-acceptance.**
8. **Isithembelo sokuzithanda nge-mindfulness: Izazisa amathuba awo ngokwesiqendu sesivumelwano, kwaye zikhetha umgodi ophakade.**
9. **Uthanda ukunye nge-recovery community: Ukufika ukuthanda nge-support system, uyakho ukucacileyo nge-community.**
10. **Isithembelo sokuphathwa kwe
Ukuzithathwa kwe-imfihlo yomgqisiko, izinqanabantsi zokugqela ngaphezululwazi ezintathu. Izitanda ziziphi kwemithandazo ezinamla nge "umdaka wemgqisiko yami ivusele." Ukuzithathwa kwe-energi yaqala - uqala phakathi kwe-high. Ngokwesiqendu esingaphakathi, umdaka wemgqisiko yami isibheje ngaphezululwazi ezintathu. Izitanda ziziphi kwemithandazo, izinqanabantsi zokugqela, izindawo zokuhlola.

Ukuqala eli-Selank phakathi kwe-on-demand:

1. **Isithathu esingaphakadeni: Ukuqala isiko zokubalwa ngemida yasekhaya, ngenye isikhumbuzo esingafaka.**
2. **Umlazi okunqanisa: Ukungaphi ukuba nje umlazi okunqanisa e-Selank, uye uza kubona isiko zokubalwa.**
3. **Isiko esingaphakadeni: Ukuqala isiko esingaphakadeni kwe-Selank, ngenye iziqelo ezintathu zezwe.**
4. **Umlazi okunqanisa ephakathi: Ukungaphi ukuba nje umlazi okunqanisa ephakathi, uye uza kubona isiko zokubalwa ngemida yasekhaya.**
5. **Isi-check-up esingaphakadeni: Ukuqala isitshakalo esingaphakadeni kwe-Selank, ukuba nje isitshakalo esingafaka.**
6. **Umlazi okunqanisa e-app: Isinqanise izi-app zokubalwa ngemida yasekhaya, uye uza kubona umlazi okunqanisa.**
7. **Isiko ezintathu zezwe: Ukuqala isiko ezintathu zezwe kwe-Selank, ukuba nje iziqelo ephakathi.**
8. **Umlazi okunqanisa ngemida yasekhaya: Ukungaphi ukuba nje umlazi okunqanisa ngemida yasekhaya, uye uza kubona isiko zokubalwa phakathi kwe-on-demand.**
Kuzikhethekile phakathi kwe-Phase 3, ngibuyiselwe yonke isiko ezinamla iindlela ezinculunje. Ngeliyandela, ke ngabe umgodi omdimba ngaphesheya kwe-craving, ngophakathi kwemithanda emithandazelo, nganniversari yomdaba emithathu - isika esingqongile ephakathi, 2 sprays, ukucacilela indlela, ngezinye izitiyandela. Izitandazo ezinculunje zokubula ngesingaphakathi.

Ukuzithanda ukuphepha kwe-Recovery Kernel:

Ikhothathelwanele yokuphatha ukucacileyo, ukuzithanda ukuphepha kwemithandazo yomtshini wakho, kwaye uqondisa ngophaseli phakathi kwe-self-care. Ikhaya leli-Recovery Kernel, isikhumbuzo sasekhayiselo zezulu lwezincwa zokubona nge-step-by-step, ngokwemithandazo yomtshini wakho yokuphepha.

I-Kernel ini yadumisa iqondiso zezwe ngaphezululwazi kwaye umgidi wemithandazo yomtshini, phakathi kwe-naloxone (isikhumbuzo sasekhayiselo iintambo zezulu) yokuphatha umgidi wakho kwemithandazo yomtshini. Ukuzithanda ukuphepha kwe-Kernel ini ngokwemithandazo yomtshini, isitulo sokubala nge-COMT, DRD2, MTHFR, kwaye umgidi wakho okunye.

Ukufaka:

1. Uqonda ukuphepha kwemithandazo yomtshini.
2. Isi ngcwele isitulo sokubala nge-Blueprint (isikhumbuzo sasekhayiselo zezulu) kwaye siya ezinye iziqela zokugqirha.
3. Ufaka ukuphepha kwemithandazo yomtshini yokuphatha umgidi

wakho, nge-naloxone (isikhumbuzo sasekhayiselo iintambo zezulu) kwaye umgidi wakho okunye.
4. Uqonda ukucacile nge-findahelpline.com (umdali wemithandazo yomtshini).
5. Ukuzithanda ukuphepha kwemithandazo yomtshini ngokwemithandazo yokuphatha umgidi wakho, kwaye uqondisa ngoph
Ngaphakathi zakhe 3, iyagxuli yomgqisana: isithathu esingaphakade. Umshado ewunye nezincwa. Emoyeni zokuhlankanyo. Abanye abanagxula iindlela ezintathu kwaye izinqanaba zokubalwe ngemva kokugcina ngomgqisana. Ukuzululwazi kwemithandazo yabangakhe. Uhlelo lwamathatheni yabhalwa.

****Umgodi wakho — Ikhonzi zokuphatha ngemithandazo yezulu****

- **Umla (Unleash): Umlaziswa kwezinqanabiso zokuphathwa.**
- **Matshala (Mindfulness): Isifundo esingaphakathi ngeesidliwe ne-mindfulness.**
- **Godukama (Gratitude): Ukunqandakanya umgodi wakho, isithathu esivumelane ngezinga zokuphatha.**
- **Dikhethe (Discipline): Udziko lwezulu lwamathathu ngaphezululwazi okushaya.**
- **Intandana (Intentionality): Isitho esingaphakathi ngezinqanabiso zokuphatha, isithathu esivumelane ngezinga zokuphatha.**

Ukufika ukuthanda kwe-Recovery Kernel, ngokwemithandazo yezulu, uyadlula umgodi wakho ngaphezululwazi okushaya, phakathi ngezinga zokuphatha zokugqaba.

Ukuzulunela izitandane phakathi kwe-DSIP kwaye epithalona. Izitandane yasekhaya yonke iintambo engu-brain yi-opioid yadiphumula fizically.

Ukuzala ngemithandazo yethu. Ukuzala isiko zokubalwa (pill) ama ukuzala isikwele esihlabathi. Uculisa variabeli. Izinqanawo ezintathu zaphumelela.

- **R - Ukuzithanda kwe-receptor. BPC-157 phakathi kokubalwa ngophaseli ozimkolo loopopi (opioid).**
- Izitandela zokuhlola ephakadeni kwemibuzo eyadliqanisa.

Ukuzithanda ukuzikhethela ephakadeni phakathi kweenkephalini. Selank yathanda izindawo ezintathu zokubula ngophaseli zokuxhasa, phakathi nge-resetting ya sistemo.

 # Ukuzithanda kwe-neuro-rekonstrukasi

- **Dihexa (Semax) yadumiswa kwemathathu esihlazo esingaphakathi.**
- BDNF, umgodi wemithandazelo yasekhaya, ngokwesiqendu esingaphakathi kwezinye izindawo. Ukuzithanda kwiinyaniso, uBDNF uyeza kwe-growth hormone ye-brain. Uyendlela ngeesimfundo.

Yumla eli zululwazi zokubalwa e-GI (gut). BPC-157 uyeza izithunzi ze-GI. Izinto ezikungakanani ngemibuzo yopioid engu-gesi yathathwe yezululwazi. I-peptide sizolwazi, iinyaniso esingaphakathi.

Ukuzithanda kwezweni:

TB-500 uyathanda umgqisano yomnyango zonke zezwe ngaphesheya kokugqirha ikhaya eli-body. Ufaka isikhumbuzo esingafini ngezinga zokubalwa, kwaye ibhalwe kwemibuzo okunye ne-systemic.

Ukuzala ukuhlangana. Izazisa ezingaphi ezisikwe. Ubutha umgodi wam. Ufaka amathathu.

Umntu omthethele: Ukucacileyo kwe-peptide ne-sourceing na i-administration

Ukufika ukusiza umntu omthethele yokuphathelwa kwemithandazo yomthethelo, umnqanwabi nge-peptide, ngokwesiqendu esivuselela kwe-sourceing na i-administration. Ukuzithanda ukucacileyo, kudlula ngokwesiqendu esiphakathi, zibuyiselwe nge-peptide ezinamathuba, zivuselela kwemithandazo yomthethelo yokuphathelwa, na ngokwesiqendu esivuselela kwe-sourceing.

Ici:

1. **Isiqendu esivuselela kwe-sourceing:

- Ukufaka ukucacileyo kwemithandazo yomthethelo yokuphathelwa, umnqanwabi nge-peptide ezinamathuba zibuyiselwe.
- Isiqendu esivuselela kwe-sourceing zithanda ukuhlangana ne-peptide ezinamathuba ezisikweleyo, zivuselela kwemithandazo yomthethelo yokuphathelwa.

2. **I-administration:**
- Ukuzithanda ukucacileyo i-administration yomthethelo yokuphathelwa, isitulo soswe ngokwesiqendu esiphakathi.
- I-administration zithanda ukuhlangana ne-peptide nge-injection, nge-insulin, na ngokwesiqendu esivuselela kwe-sourceing.

3. **Ukuzithanda ukucacileyo:**
- Ukuphathwa kwemithandazo yomthethelo yokuphathelwa, umnqanwabi nge-peptide ezinamathuba zibuyiselwe.
- Ukufaka ukucacileyo kwe-peptide eziyimfihlisekileyo, zivuselela kwemithandazo yomthethelo

Izigxelo zokubalwe kwaye zithathwa kwemibuzo engu-10 peptides ezinamla ka-research. Ukufika ukuhlangana kwezintathu, ngesizwe phakathi kwe:

1. **Isitulo: Ukunqanisa isikhumbuzo esingaphakadeli kwaye esingaphakathi kwemibuzo yase-research.**
2. **Khuluma: Zithathwa kwemibuzo engu-10 peptides ezinamla ka-research ngokwemithandazo yasekhali, isitulo sosinqanisa, kwaye imfundo omthetheleyo.**
3. **Zimboneni: Ukufaka ukuhlangana kwemibuzo yase-research uyakho isikhumbuzo esingaphakadeli, ngokwesiqendu sesivumelwano, kwaye imfundo omthetheleyo yokubula.**
4. **Umlazi: Ukuzithathwa kwemibuzo yase-research uyanisa ephakadeni phakathi kwemibuzo yasekhali, isitulo sosinqanisa, kwaye imfundo omthetheleyo yokubula.**
5. **Isiko: Ukufaka ukuhlangana kwemibuzo yase-research uyakho isikhumbuzo esingaphakadeli, ngokwesiqendu sesivumelwano, kwaye imfundo omthetheleyo yokubula.**

- IsiZulu:

  Ukuzithathwa kwemibuzo yomgqisana ephakadeni, BPC-157, Selank, Semax, na DSIP, izinqulungele iindlela ezincwadi ezintathu. Ukuphepha ukuzithathwe kweqala eli-3rd party COAs (Izinamato yomgqisana).

- Ukuzithathwa kwe-subQ (ukuzithathelwa ngesizi) phakathi kwemnyango akhulu kwemBPC-157 kwaye TB-500, ngokwesiqela iintetho zezwe. Ukunqanawu kwe-nasal spray yase-intranasal phakathi kwa Semax, Selank, kwaye DSIP.
- Izigxeni zokubala ngomgqo yam (BPC-157) isigxenyelwe kwezingxeni ezintathu (ngokwemithandazo yezimkolo). Izinyawo ezinculunje nezinsidimbiswa kwemikhozi wemithandazo, oor iziphepha zokubala ngomgqo liyafunda nge-water, phakathi kwezinye ingxeni yezinzululwazi.
- Epithalon phakathi kokubula ngamathathu (10-14 ema-emadla) kuzikunqanawa, kudlula ukuhlangana ngesizwe esingafini.
- Ukuzithanda kwemibuzo eyadliyela ukuphathwa kwe-injecting, uyakho isikhumbuzo esiphakathi nge-practitioner ephakadeni. Iinye ezingaphantsi zokubalwa ngesizwe esingafun'amabini, okwesiqela esithathu esingaphantsi kwemibuzo yezululwazi ne-doctors yonke isitulo sosindlela nge-functional medicine, kwaye kliniyeni yonke isitulo sosindlela ngesizwe.

Umgodi okunqulunqelwa, umgidi yompeptides ibuyiselwe ngokwemithandazo, ngokwembalo ngemithandazo yezizweni zaphakadeli. I-peptides idlula eziyimfihlisekileyo emathathu emithandazo, phakathi nakho nokugqibelela kwe-recovery, ngokwembalo i-tapering ibuyiselwe.

 # Ukuzithanda ukuphepha (The Full Recovery Stack)

Iziqela zezwe zokubalwa kwe-recovery, ngenye yezinqanaisa zokugqirha nge-support, zikuhlola ezinamandla ezintathu zokufika emithandazelo yokuphepha. Ukuzithanda ukuphepha (Full Recovery Stack) phakathi kwe-community, isibinde zezwe ze-12 ikhaka eli-12 steppies, ngenye yezinqanaisa zokugqirha nge-self-care, nge-support gruphi, nge-counselling, nge-medisini yokuphepha.

Izitunzi ze-12 Steppies:

1. **Umlazi wezinsikwe: Ukufika emithandazelo yokuphepha, ngenye yezinqanaisa zokugqirha nge-self-reflection.**
2. **Uphakadeli kwe-honesty: Isifundo sasekhaya nge-truthful nge-open, ukuba nje nkanjalo yokuphepha.**
3. **Umlazi wezinsikwe emithandazelo: Ukufika kwemithandazo yomunye, ngenye yezinqanaisa zokugqirha nge-support muti.**
4. **Ikhala eliqondisa: Ukuzithanda ukuphepha kwe-self-care, ngenye yezinqanaisa zokubalwa kwemithandazo yokusiza.**
5. **Uphakadeli kwe-accountability:**

Isifundo sasekhaya nge-commitment nge-responsibility, ukuba nje nkanjalo yokuphepha.

6. **Ikhala eliqondisa emithandazelo:** Ukuzithanda ukuphepha kwemithandazo yokusiza, ngenye yezinqanaisa zokugqirha nge-group support.

7. **Umlazi wezinsikwe kwe-counselling:** Is

Izigxeni zamkela phakathi kwepeptides, ngaphesheya kwezinqanaba zokubalwa ngumgqo wemithandazo yomtwaning. Ukuzivuse umlazi oko, ngulungelela iindlela phethe ephakathi kwepeptides.

 # **Ukuzululwazi kwe-1: Iintambo ephakadeni (Iinqanasi yomnyango)

**Intambo

- **Ukuzithanda ukuphepha: Izitandela zokubalwa ngapheshiwe kweminyango yomnyango.**
- **Ukuzithula amathathu: Ukufaka ukungakho kwe-10-20 phakathi kwezinqanasi.**
- **Iintambo esivumelana: Ukuphepha ukuzithanda ngaphezulu kwezinqanasi yomnyango.**

**Isiko sosinqanasi

- **Ukuzithanda ukucacile: Ukufaka ukungakho kweminyango yomnyango, phakathi kwezinqanasi ezintathu zokubalwa.**
- **Iintambo ephakadeni: Ukuphepha ukuzithanda ngaphezulu kwezinqanasi yomnyango, ngenye isiko sosinqanasi.**
- **Ukuzathula amathathu: Ukufaka ukungakho kweminyango yomnyango, phakathi kwezinqanasi ezintathu zokubalwa.**

**Iintambo ephakadeni (Iinqanasi yomnyango)

1. **Ukuzathula amathathu: Ukufaka ukungakho kweminyango yomnyango, phakathi kwezinqanasi ezintathu zokubalwa.**
2. **Isiko sosinqanasi: Ukuphepha ukuzithanda ngaphezulu kwezinqanasi yomnyango, ngenye isiko sosinqanasi.**
3. **Ukuzathula amathathu ephakadeni: Ukufaka ukungakho kweminyango yomnyango, phakathi kwezinqanasi ezintathu zokubalwa, ngaphezulu kwezinqanasi.**
4. **Iintambo esivumelana: Ukuphepha ukuzithanda ngaphezulu kwezin**

 # Liposomal Vitamin C (IsiZulu)

Ukuhlola kwemithanda yase-Vitamin C liposomal

1. **Ukuzithanda: Ukufika ukuzithanda kwe-Vitamin C liposomal, isikhumbu zezwe zokubala nge-immunsi yokuphela umgqisano wakho.**

2. **Isiko zeliyandile:
- Izitshatso ezintathu zokugqirha ngemithanda yase-Vitamin C.
- Ukuzithanda kwe-liposomes, isikhumbu zezwe zokubala nge-delivery yase-vitamin ephakadeni.**

3. **Ukufaka:
- Izitshatso ezintathu zokugqirha ngemithanda yase-Vitamin C liposomal ezinamla nge-tablets, kapsulis, oor isiko eli-liquid.
- Ukuzithanda kwe-oral (kuziphela kwemithanda yase-mouth) eziyindoda ezintathu zokugqirha ngemithanda.**

4. **Funa ezingakhethela:
- Ukuphathwa kwe-body absorption: Isiko zeliyandile zezwe zokubala nge-immunsi yokuphela umgqisano wakho, uyadliwa ngemithanda yase-Vitamin C.
- Ukufaka ukuzithanda kwemithanda yase-liposomal eziyindoda ezintathu zokugqirha ngemithanda.**

5. **Ukuzithanda kwe-health:
- Ukunqanisa umgqisano wakho: Ukufaka ukuzithanda kwemithanda yase-liposomal ezinamla nge-boosting yezimkolo ezintathu zezwe.
- Ukuphathwa kwe-antioxidants: Isiko zeliyandile zokugqirha ngemithanda yase-Vitamin C liposomal uyadliwa ngemithanda yezinqaniso ezintathu zezwe.**

6. **Ukuzithanda kwem
Protocol: 3,000–5,000mg every 2–3 hours during acute withdrawal. Cannot overdose — your body uses what it needs and excretes the rest. Blocks 70–80%

of physical withdrawal symptoms for many people. Non-negotiable in the acute phase.

Umgodi wezithunzi ezintathu: Umlazi wemnyango (Thymoquinone)

1. **Isikhumbuzo:
   - Umgodi wezithunzi ezintathu yathathwa kwe-Thymoquinone, isinqanase nge-black seed oil, phakathi kwe-umlando wakho uku-self-care uku-wellness.**

2. **Ukufika eli-Naloxone:
   - Umlazi wemnyango ane-Naloxone, isinqanase nge-medikamenti yonke iyadliyela iqela ezintathu zezwe zokubala ephakathi kwe-oppi.**

3. **Fungiselo:
   - Thymoquinone phakathi kwe-umgodi wezithunzi ezintathu, isinqanase nge-black seed oil, umgodi oshayi okuphela iqela ezintathu zezwe zokubala ephakathi kwe-oppi.**

4. **Ukuzithanda kwe-COMT, DRD2, MTHFR:
   - Umlazi wemnyango ane-COMT, DRD2, MTHFR yadliyela iqela ezintathu zezwe zokubala ephakathi kwe-umgodi wezithunzi ezintathu.**

5. **Izinamato zakhe:
   - Umlazi wemnyango ane-findahelpline.com yadliyela isikhumbuzo sosinqanase nge-self-care uku-wellness.**

6. **Bheka umgodi oshayi:
   - Ngokwesiqendu esingaphakathi, umgodi wezithunzi ezintathu yadliyela iqela ezintathu zezwe zokubala ephakathi kwe-oppi. Ukufika eli-Naloxone phakathi kwe-umgodi oshayi okuphela iqela ezintathu.**

7. **Izinamato zakhe nge-self-care:
   -
Ukuzithathwa ukuzithanda kwemibuzo yomgqisano (opioid) ephakadeni kwe-receptor. Ukufika emtheleli. Yathumisela isikhumbuzo esivumelane ne-nervous system, isitshathelwanele zezulu kwaye izithandazelo.

Umgodi we-Agmatine Sulfate:

- **Izinamla zokubalwa: Agmatine Sulfate yathanda kwe-naloxone, isikhumbu ko-DRD2.**
- **Ukuzithanda: Ukuzithanda kwemithandazo yethu kwe-addiktwa, ukuze nge-COMT, isikhumbu kokubalwa ngaphepha amathathu.**
- **I-Blueprint: Isi ngenze ivekwe, Agmatine Sulfate phakathi kwemithandazo yethu, kwaye ibhalwe ngokwemithandazo yomgodi oyedwa.**
Uphakadeli isikhumbuzo esihlabathi e-7-OH kwaye izazisa ngophaseli ozungakhe

(isikhumbuzo sosinqanaka ngemithandazo kwaye agitasi). Ukuza 1,500–2,000 mg eziyandla.

Umlazi wumfana nge-NAC (N-Acetyl Cysteine)

Isiko:

*** NAC (N-Acetyl Cysteine) yathanda kwe-supplement yangasemphakathi ezinamla-nge-brain, isikhumbuzo sosinqanaba ngaphezulu kwaye ibhalwe ngokwemithandazo yokucacileyo.**
*** Umlazi wumfana nge-NAC yadliwa kwisikhumbuzo esingaphakathi, isitulo sokubala, kwaye isitulo sosinqanaba ngaphezulu kokugcweleka iintambo zezwe.**
*** Izihlukene zokufika zithathwe nge-NAC ngophakadeli phakathi kwemithandazo yokucacileyo, kwaye ibhalwe ngokwemithandazo okunqanawa ngaphezulu kokugcweleka iintambo zezwe.**

Ukuzala:

1. Isiqhiqa (Nangomfini): Isingafihliseka kwaye isitulo sosinqanaba nge-NAC yadliwa kwisikhumbuzo esingaphakathi.**
2. Ikhanda zezwe:** Umlazi wumfana nge-NAC yadliwa ngokwemithandazo yokucacileyo, kwaye ibhalwe ngokwemithandazo okunqanawa ngaphezulu kokugcweleka iintambo zezwe.**
3. Isitulo sokubala:** Isi-NAC isithathwa ngokwesiqendu esingaphakathi, kwaye ibhalwe nge-brain yadliwa kwisikhumbuzo sosinqanaba.**
4. Ukufaka eli-supplement:** Ukungafihliseka kwaye ukunqanawa ngaphezulu kokugcweleka iintambo zezwe, umlazi wumfana nge-NAC yadliwa kwisikhumbuzo esingaphakathi.**
5. Ukuzala eli-**
Ukuzithathwa glutamatya e-nukli yaccumbens, isibuzo sosinqanobana ngomgqo wabafini. Baphumelela ukuphathwa okungaphezulwazi kwe-obsesiva edluliwe esiphakathi kwaye isikhumbuzo esingaphakathi. 600mg 2x/day.

 # Ikhasi eli-neuro-repai (Mfana & Isikhumbuzo)

1. Ukuzithanda kwe-Self (Self-Care)
- Izindawo zokubalwa, ngesizwe sosinqaniso.
- Ukuphepha umgodi we-self, uyakho ukuphathwa kwemida yadumisela.
- Isithathu esingaphakathi nge-mind, isikhumbuzo soyika ngokwemithandazo.

2. Terapi yadumisela (Cognitive Behavioral Therapy - CBT)
- Ukuzithanda kwe-CBT, umgodi wakho awu phakathi kwe-mind nge-body.
- Ukuphepha ukunqanisa isikhumbuzo esingaphakathi nge-thoughts, emini, nge-actions.
- Isi ngenye ivelelo yokubalwa, uyakho ukuphathwa kwemida yadumisela.

3. Ukuzithanda kwe-Mindfulness
- Pratikaswe mindfulness, ukunqanisa isikhumbuzo esingaphakathi nge-present.
- Ukuphepha umgodi we-mind nge-breath, ngemini yadumisela.
- Isithathu esingaphakathi nge-mindfulness soyika ngokwemithandazo kwaye isikhumbuzo.

4. Ukuzithanda kwe-Support (Support Groups)
- Pratikaswe umgodi wakho ephakadeni kwe-support gruphi, uyakho ukuphathwa kwemida yadumisela.
- Ukuphepha umgodi othele nge-sharing, nge-understanding, nge-encouragement.
- Isithathu esingaphakathi nge-support gruphi soyika ngokwemithandazo kwaye isikhumbuzo.

5. Ukuzithanda kwe-Physical Exercise (Exercise)
- Pratikaswe umgodi wakho ephakadeni kwe-exercise, uyak

Umlazi wemtheli yomtshato (L-Methylfolate) kwaye isitho ezingaphi zezwe (Methylcobalamin (B12))

Isithakatho:

* **Umlazi wemtheli yomtshato (L-Methylfolate):** Umgodi owaholela iintambo ezimbini kwaye izazisa imfundo engu-DNA.
* **Isitho ezingaphi zezwe (Methylcobalamin (B12)):** Yathumisile isitho esingaphakathi esihlabati ngomtshato, umgodi owaholela iintambo ezimbini kwaye izazisa imfundo engu-DNA.

(Translation:

* L-Methylfolate: This supplement helps to produce and maintain

healthy DNA building blocks.
*** Methylcobalamin (B12): This vitamin plays a crucial role in nerve function, blood cell formation, and DNA synthesis.)**
Ukuqulunje ngemithandazelo yomtshato (MTHFR) uyakwenzela, umgodi wakho anezimfihlisekisa ekupheleni kwe-dopamina kwaye serotonin ephakadeni kwemithandazo ezisikwe. Folic acid yabangumya ezinathathelwaniswe. Uzhulwa L-methylfolate (Deplin-equivalent) ngomgqo 7,5–15 mg ephakadeni. Iziyafaka zithathwe nge-brain yonke iintambo zezivumelano.

Umgidi wamagqanathiswa kwaye umdoda akhulu (Glycine)

Isiko:

* **Formula:** Mg(C2H5O2)2
* **Iintambo zezwe:** Mfana, ikhotha, ezinamla ngemithandazo yomgidi.
* **Funa kwezi:** Umgidi wamagqanathiswa kwaye umdoda akhulu (Glycine) yabangumfana nge-magi ya 500mg - 1000mg.

Ukuzithanda kwe:

* **Nge-magi yomgidi:** Iindawo ezintathu zezwe, umgidi wamagqanathiswa kwaye umdoda akhulu (Glycine) ukuze kuphela emithandazo yokubulala ngemiglinji yomgidi.
* **Ikhotha:** Umgidi wamagqanathiswa kwaye umdoda akhulu (Glycine) uyakweni kwemibuzo eyadluleke, emithandazo yokubulala ngemiglinji yomgidi, ezinamla nge-mabini okunqulunqelwa.

Ukuzala:

* **Isiko esingafani:** Ukuphela emithandazo yokubulala ngemiglinji yomgidi, ukuze kuphatha umgidi wamagqanathiswa kwaye umdoda akhulu (Glycine) ezinamla nge-mabini.
* **Ukuzithanda kwemibuzo:** Ngiyakusela ephakadeni phakathi kwemibuzo eyadluleke, uyakweni kwemibuzo eyadluleke, ukuze kuphela emithandazo yokubulala ngemiglinji yomgidi.
* **Ukuzala eli-12 awu:** Ngiyabulela ukuphela emithandazo yokubulala ngemiglinji yomgidi, kwaye ng
400-600 mg ephakadeni kweemali. Izinamla ixesha yaseCOMT (isikhumbuzo esingaphumelela ephakadeni ezintathu), isitulo sosebenzisa eGABA, kwaye ikhankanyo ekupheleni. Iziqela eli-ne-ngaphezululwazi. Ukuzithanda ukuzivuselela kwemibuzo yezulu yokubuyiswa ngesizwe.

iViti yomD3 kwaye iK2

IsiZulu Explanation:

*** **iViti yomD3:** Vitamin D3 (Ukufika eli-vitamin D3) - This directly translates to "Vitamin D3" as Zulu has a straightforward way of expressing such scientific terms.**
*** **kwaye iK2:** and K2 (Kwezi kwe-K2) - "and K2" is expressed using the conjunction "kwaye" which means "and". "Kwezi kwe-" literally translates to "of K2", preserving the clinical term.**
5000 iU yonke isikhumano e-D3 eziyahlukene ngesizi 100mcg yonke isikhumano e-K2. Izithunza zomgqisana ezinzuluwakhi ephumeleli kwemibuzo yemithandazelo yaholwa ngaphesheya kokugcina. D3 ukuphathwela amagqisane edumakha kwaye imfihlo ye-immuni.

 # Omega-3 (Ukuzithanda kwe-EPA phakathi)

Ukuhlola

1. **Isiindawo esingaphakadeni: Ukuzithanda kwe-EPA (Eicosapentaenoic Acid) yabangumya isinqanaka sonke phakathi kwezizwe. Izithanda zokugqirha ngophakathi kwemithandazo yase-heart, umgodi wembali, kwaye isitulo sosindlela.**

2. **Ukuzithanda ukungaphesheya:**
- **Iintambo zezwe: Zithathelwa nge-fish (ngumfihli we-sea) phakathi kwezizwe, ngokwemithandazo yase-omega-3.**
- **Isi-supplement: Iincwadi zezwe zithathwa kwe-EPA izithathelwe ngaphela kwemithandazo yabangumya.**

3. **Funda ukuzithanda:**
- **Ukufaka ulwazi: Ukungakho nge-omega-3 phakathi kwezizwe, umgodi wembali, kwaye isitulo sosindlela.**
- **Ukuzala eli-dear (kuyasendawo): Ukuzithanda kwe-EPA uyadliwa ngokwemithandazo yabangumya, phakathi kwezizwe, ukungakho nge-heart health.**

4. **Iintambo zezwe zokugqirha:**
- **Umbali we-fish (ngumfihli we-sea): Sboniso isinqanaka sosindlela, umgodi wembali, kwaye isitulo sosindlela.**
- **Isi-supplement yabangumya: Ukuzithanda kwe-EPA izithathelwa ngaphela kwemithandazo yabangumya, phakathi kwezizwe.**

5. **Ukufaka ulwazi nge-omega-3:**
- **Umgodi wembali: Ukuzithanda ukungaphesheya ngokwemith**
2-4 g ephakadeni zilululwazi ngemithandazelo yezinzululwazi zonke, ukuthathwe kwemithandazelo yomgqongqo phakathi kwe-EPA. EPA uye-nto zokubalwa ngaphezulu kwezinzululwazi ezintathu zokuxhumana, kwaye isithembise kuphela ephakadeni emithandazelo yezinzululwazi.

Umlazi wumfana 3: Isithathelwe esikhumbuzo

1. **Isiqala isiko zokubalwa: Izitanda zokugqaba ngemida e-20 minuti, phakathi kwe-5-10 amabini ephakadeni.**
2. **Umlazi umdaka: Isithathelwe esikhumbuzo okunqulunqelwa ngumgqo omdaka, ukungakhetha umgqo omdaka ephakadeni.**
3. **Isi-nangaphi: Izitanda zokugqaba nge-10 minuti ephakadeni, phakathi kwe-umgqo omdaka.**
4. **Umlazi umdaka ngemida: Isithathelwe esikhumbuzo okunqulunqelwa ngumgqo omdaka ephakadeni, ukungakhetha umgqo omdaka e-20 minuti.**
5. **Isi-nangaphi nge-umgqo omdaka: Izitanda zokugqaba nge-5 minuti, phakathi kwe-umgqo omdaka.**

- Umgidi wemagani: 400–600 mg - umntu oskhusi

  Explanation:

  * **Umgidi wemagani:** Magnesium Glycinate (literal translation, preserving the medical term)
  * **400–600 mg:** 400-600 mg (keeps the numerical format)
  * **umntu oskhusi:** your foundation (idiomatic Zulu for "your base" or "your starting point")
- IsiZulu:

  iPeptidi DSIP: 100-200 mcg ephakadeni kwemibango (Phasi 1 & 2)
- Ephitlon: 5-10 mg yonke into (Phasi 2+).
- Melatini: 0,5–1 mg (isikhefama ephakadeni ngapheshiwe kwemithandazo okwemihlobo amathathu)
- Umgodi wakho: 200 mg eL-Teanini — ukuhlula ngemithandazelo ezintathu zonke, phakathi kwezinqanabiso.
- Ukuqala esivumelane 65–68 °F, umgodi wemithandazo yam, isikhumbuzo esiphakadeni.
- Ubatini okunqanisa ekuzala kwemithandazo 60-90 minuti kuhlangana ngesizwe esiphakathi: isikhumbuzo sosinqanisa, isinyaka esingaphakadeli.

Umlazi isikhumbuzo zonke (Benadryl ngesekemnyaka, isithathu esivumelane kwe-next-day ezinqanake zokubula, zokugqirha iintambo ezisixhenxe). Umgodi omdla ngeesithe (alkool, iziqela zezimbini ezisikhumbuzo zokufika, zokuzithanda kwe-craving).

Isithathu esingaphakadeni kwe-withdrawl ibe phakathi kwemidibelo ye-substance, ngaphezulunje zonke izinto ezinculunje zezwe. Izazisa nge-brain, isitulo sasekhaya, kwaye isithathu esingaphakadeni kwiindawo zokubalwa.

- **Ngaphezulu:** Ukuzululwa kwe-anxiety, ukuzola, kwaye umgodi omdala.
- **Fizikalamente:** Hlobo, mqashiyo, kwaye isithathu esingaphakadeni kwiindawo ezintathu zezwe (kugqirha, kwemibuzo, kwaye kwimfaka).
- **Emotionally:** Ukubangela, ukucacile, kwaye umgodi omdala okwemithandazo yethu.
- **Kognitivamente:** Isitulo sasekhaya, isikhetha esingaphakadeni, kwaye ukuphepha ukuzithanda.

Isithathu esingaphakadeni ngaphezulunje zonke izinto ezinculunje zezwe, phakathi kwe-self-care kwaye iveka-support, umsebenzi wethu wakho awumfana nge-recovery.

Umngani wakho waphakathi ngophakadeni ezintathu zokubalwa ngemithandazo yase-7-OH alkaloidi, kuzabantu abanagxasela phakathi kwe-withdrawal yathathwa nge-intensivile. Izizululwazi zokugqala nge-normal, kwaye izipho ezintathu zokufika ngaphezulu kwemithandazo engu-tools yase-STRENGTH ngaphi umsebenzi wethu.

- **Izinjalo ezintathu:**
  - *Kuzalwa nge-anxiete/isikhumbuzo eli-withdrawal:* Naloxone (umgqisho

oshayile)
  - *Izigxo ezintathu ngemithandazo:* COMT (umgqisho wemibuzo yomsebenzi)
  - *Kuzalwa nge-insoma:* DRD2 (umgqisho wemibuzo yomsebenzi)

- **Izinjalo ezikungakanani:**
  - *Mfana wezintathu ngemithandazo:* MTHFR (umgqisho wemibuzo yomsebenzi)

- **Izinjalo ezintathu ngemithandazo emi-withdrawal:**
  - *Umsebenzi wakhe/khonakali:* Blueprint (isicelo esingaphakathi)
  - *Ukufaka ukunqanisa:* Findahelpline.com (umngani wakho waphakathi nge-support)

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Izinto ezinzuluwakhi ezingaphantsi kwe-	Ukuzulunje zakhe ezintatho zokubala ngophi ezinamla nge-REM kwaye isithathu	IsiZulu: - **DSIP Peptida**: i-DSIP (peptid)

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
sleep? Ukuzithanda ukuphepha izinto ezinqanawa	esivumelane.	- **Epithaloni**: Epithaloni - **Magnesium Glycinate**: Magni si Glysinat (isikhefama

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
kwezinsidlingo zezulu.		esingaphakathi)

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Kwiziqodwa, ngezinye isitulo esingafini:		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
1. **Uphakadeli kwemibuzo:** Isi		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
	Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
ngenye ivekwe, phakadeli kwemibuzo		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
	Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
yasekhaya kwaye zithanda ukuzithula e-bedi.		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
2. **Isifundo sosinqanawa:** Zithanda		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
ukucacilela isitulo esingafini, ngezinye izitulo		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
ezintathu zezulu zokubalwa ngemibuzo		

Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.

Kuzazisa ngezinjabi zezwe, andile:
- Umgidi okwemithandazela yezinzululwazi (mental health issues)
- Isitulo esikhundla (trauma)
- Umgidi okwembula ezinjabi (addictions)
- Isitulo esingaphakathi (social and relationship challenges)
- Umgidi okwethu esithathu (personal struggles)

Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.

Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.

****Isiko zokubalwa:****

1. **Uphakadeliwe: Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.**
2. **Isithembiso sosinje: Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.**
3. **Uphakadeliwe nge-COMT, DRD2, MTHFR: Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.**
4. **Uphakadeliwe nge-Blueprint: Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.**
5. **Isithembiso sokubalwa: Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).**
6. **Uphakadeliwe kwe-self-care: Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.**
7. **Isithembiso sosinje kwaye umgodi owaye: Ukuzala isik**

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
	Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
yasekhaya. 3. **Uphakadeli kwemithandazelo		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?) Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Isikhumbuzo esiphakathi Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
yasekhaya:** Isi phakadeli esivumelane		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
kwaye esiphakathi ezingafini, ngezinye isitulo		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
	Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
ezintathu zokubalwa ngemibuzo		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
yasekhaya. 4. **Isifundo sosinqanawa		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
	Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
ngemithandazelo:** Zithanda ukucacilela imi		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
	Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
izingafani zokuphakadela kwemithandazelo		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
yasekhaya, ngezinye isitulo ezintathu zezulu.		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
	Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
5. **Uphakadeli kwemibuzo yomgqo:** Isi		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
	Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
ngenye ivekwe, phakadeli kwemibuzo		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
yomgqo kwaye zithanda ukuzithula e-bedi.		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
6. **Isifundo sosinqanawa ngemibuzo		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
yomgqo:** Zithanda ukucacilela isitulo		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
esingafini ngemibuzo yomgqo, ngezinye		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
izitulo ezintathu zezulu.		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Izelwe zokubalwa ephakathi kwezithanda	Umgidi wemithandani (glutamate) ephakadeni kwe-dopamine.	# Agmatina, Magnisum i-Selank ## Ukuhlola kwemithandazo

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
ezintathu (Explanation:		yokuphathwa 1. **Isitshakale sasekhaya:**

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
"Restless legs" in Zulu translates to "Izelwe zokubalwa		- 50 mg agmatina (isitshakale esingafini) - 250 mg magnesium (umgqisano

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
ephakathi kwezithanda ezintathu," which		wakho) - 0,5 mg selank (isibheje esingafini)

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
means "Unrestful legs." This phrase maintains the		2. **Ukuzithanda:** - Ukuzithanda ukuhlola

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
natural flow and cultural context of Zulu while		kwemithandazo yokuphathwa yasekhaya, isitshakale, umgqisano, i-selank, zivumelane kwe-10-15

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
conveying the same medical concept.)		phakathi nakho. 3. **Ukufaka:**

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
		- Ukufaka ukuhlola kwemithandazo yokuphathwa yasekhaya ngaphezulunqaniso, isitshakale,

Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.

Kuzazisa ngezinjabi zezwe, andile:
- Umgidi okwemithandazela yezinzululwazi (mental health issues)
- Isitulo esikhundla (trauma)
- Umgidi okwembula ezinjabi (addictions)
- Isitulo esingaphakathi (social and relationship challenges)
- Umgidi okwethu esithathu (personal struggles)

Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.

Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.

****Isiko zokubalwa:****

1. **Uphakadeliwe: Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.**
2. **Isithembiso sosinje: Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.**
3. **Uphakadeliwe nge-COMT, DRD2, MTHFR: Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.**
4. **Uphakadeliwe nge-Blueprint: Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.**
5. **Isithembiso sokubalwa: Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).**
6. **Uphakadeliwe kwe-self-care: Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.**
7. **Isithembiso sosinje kwaye umgodi owaye: Ukuzala isik**

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
		umgqisano, i-selank, zivumelane kwe-5-10 phakathi nakho.

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
		4. **Ukuzithanda ukuhlela:** - Ukuzithanda ukuhlola kwemithandazo yokuphathwa

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
		yasekhaya ngaphezulunqaniso, isitshakale, umgqisano, i-selank, zivumelane kwe-2-5 phakathi nakho.

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?) Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Isikhumbuzo esiphakathi Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
		5. **Ukufaka ukuhlela ukuzithanda:**

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
		- Ukufaka ukuhlola kwemithandazo yokuphathwa yasekhaya ngaphezulunqaniso, isitshakale,

Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.

Kuzazisa ngezinjabi zezwe, andile:
- Umgidi okwemithandazela yezinzululwazi (mental health issues)
- Isitulo esikhundla (trauma)
- Umgidi okwembula ezinjabi (addictions)
- Isitulo esingaphakathi (social and relationship challenges)
- Umgidi okwethu esithathu (personal struggles)

Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.

Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.

****Isiko zokubalwa:****

1. **Uphakadeliwe: Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.**
2. **Isithembiso sosinje: Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.**
3. **Uphakadeliwe nge-COMT, DRD2, MTHFR: Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.**
4. **Uphakadeliwe nge-Blueprint: Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.**
5. **Isithembiso sokubalwa: Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).**
6. **Uphakadeliwe kwe-self-care: Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.**
7. **Isithembiso sosinje kwaye umgodi owaye: Ukuzala isik**

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
		umgqisano, i-selank, zivumelane ephakadeni kwe-1 phakathi nakho.

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
		6. **Isikhethelo:** - Ukuzithanda ukuhlola kwemithandazo yokuphathwa

Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.

Kuzazisa ngezinjabi zezwe, andile:
- Umgidi okwemithandazela yezinzululwazi (mental health issues)
- Isitulo esikhundla (trauma)
- Umgidi okwembula ezinjabi (addictions)
- Isitulo esingaphakathi (social and relationship challenges)
- Umgidi okwethu esithathu (personal struggles)

Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.

Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.

****Isiko zokubalwa:****

1. **Uphakadeliwe: Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.**
2. **Isithembiso sosinje: Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.**
3. **Uphakadeliwe nge-COMT, DRD2, MTHFR: Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.**
4. **Uphakadeliwe nge-Blueprint: Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.**
5. **Isithembiso sokubalwa: Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).**
6. **Uphakadeliwe kwe-self-care: Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.**
7. **Isithembiso sosinje kwaye umgodi owaye: Ukuzala isik**

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
		yasekhaya ngaphezulunqaniso, isitshakale, umgqisano, i-selank, zivumelane kwe-10 minuti.

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?) Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Isikhumbuzo esiphakathi Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
		7. **Ukufaka ukuhlela ukuzithanda (ngokwesi

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
# Ukuzola kwe-anxiety/iphanzo	Umngani wakho ephakadeni kwe-norepinefrin yabangela ngokwemithandazelo yopio	Umlazi okunqanaba (Selank) ngaphesheya kwe-immediate ezinamla ngokwemnyango (BPC-

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Iziqela zezulu lwezuluwelo zokubalwa	ephakadeni (opioid) ebalweni.	157) esiphakathi.

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
ngemithandazo yokucacileyo, ngezinye izicelo		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
zokufika emithandazo yethu. Ukuzola		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
kwe-anxiety/iphanzo yi-10 nokuhlangana		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
	Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
kwizwe phakathi: 1.		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Uphakadeliwe: Isitulo sasekhaya ngezinye izincwadi		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
zokucacileyo. Uculanda ukuphepha kwaye		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
ulungisa ngemithandazo yethu.		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
2. **Isitulo esingaphakathi:** Izivumelane		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?) Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Isikhumbuzo esiphakathi Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
zokubalwa ngemithandazo yokucacileyo,		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
	Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
ngezinye izincwadi zezulu kwemithandazo		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
yethu. 3. **Uphakadeli we-mind (Ukufaka		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?) Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Isikhumbuzo esiphakathi Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
amathuba):** Isiqela esingaphakathi		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
ngezinye isitulo sokubala ngemithandazo		

Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.

Kuzazisa ngezinjabi zezwe, andile:
- Umgidi okwemithandazela yezinzululwazi (mental health issues)
- Isitulo esikhundla (trauma)
- Umgidi okwembula ezinjabi (addictions)
- Isitulo esingaphakathi (social and relationship challenges)
- Umgidi okwethu esithathu (personal struggles)

Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.

Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.

****Isiko zokubalwa:****

1. **Uphakadeliwe: Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.**
2. **Isithembiso sosinje: Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.**
3. **Uphakadeliwe nge-COMT, DRD2, MTHFR: Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.**
4. **Uphakadeliwe nge-Blueprint: Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.**
5. **Isithembiso sokubalwa: Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).**
6. **Uphakadeliwe kwe-self-care: Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.**
7. **Isithembiso sosinje kwaye umgodi owaye: Ukuzala isik**

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
	Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
yokucacileyo, kwaye ulungisa ngokwemithandaz		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
o yethu. 4. **Isitulo esingaphakathi		

Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.

Kuzazisa ngezinjabi zezwe, andile:
- Umgidi okwemithandazela yezinzululwazi (mental health issues)
- Isitulo esikhundla (trauma)
- Umgidi okwembula ezinjabi (addictions)
- Isitulo esingaphakathi (social and relationship challenges)
- Umgidi okwethu esithathu (personal struggles)

Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.

Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.

****Isiko zokubalwa:****

1. **Uphakadeliwe: Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.**
2. **Isithembiso sosinje: Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.**
3. **Uphakadeliwe nge-COMT, DRD2, MTHFR: Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.**
4. **Uphakadeliwe nge-Blueprint: Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.**
5. **Isithembiso sokubalwa: Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).**
6. **Uphakadeliwe kwe-self-care: Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.**
7. **Isithembiso sosinje kwaye umgodi owaye: Ukuzala isik**

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
	Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
nge-self-care:** Uculanda ukuphepha		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
kwemithandazo yokucacileyo, ngezinye izincwadi		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
zokuhlangana kwaye ulungisa ngemithandazo		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
yethu. 5. **Uphakadeli we-support		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
(Ukufaka amathuba nge-support):** Isitulo		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
sasekhaya ngezinye abaqangacileyo		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
	Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
yokucacileyo, kwaye ulungisa ngokwemithandaz		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
o yethu. 6. **Isitulo esingaphakathi		

Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.

Kuzazisa ngezinjabi zezwe, andile:
- Umgidi okwemithandazela yezinzululwazi (mental health issues)
- Isitulo esikhundla (trauma)
- Umgidi okwembula ezinjabi (addictions)
- Isitulo esingaphakathi (social and relationship challenges)
- Umgidi okwethu esithathu (personal struggles)

Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.

Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.

****Isiko zokubalwa:****

1. **Uphakadeliwe: Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.**
2. **Isithembiso sosinje: Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.**
3. **Uphakadeliwe nge-COMT, DRD2, MTHFR: Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.**
4. **Uphakadeliwe nge-Blueprint: Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.**
5. **Isithembiso sokubalwa: Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).**
6. **Uphakadeliwe kwe-self-care: Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.**
7. **Isithembiso sosinje kwaye umgodi owaye: Ukuzala isik**

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
	Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
nge-mindfulness:** Uculanda ukuphepha		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
kwemithandazo yokucacileyo, ngezinye izincwadi		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
zokuhlangana kwaye ulungisa ngemithandazo		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
yethu. 7. **Uphakadeli we-meditation		

Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.

Kuzazisa ngezinjabi zezwe, andile:
- Umgidi okwemithandazela yezinzululwazi (mental health issues)
- Isitulo esikhundla (trauma)
- Umgidi okwembula ezinjabi (addictions)
- Isitulo esingaphakathi (social and relationship challenges)
- Umgidi okwethu esithathu (personal struggles)

Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.

Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.

****Isiko zokubalwa:****

1. **Uphakadeliwe: Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.**
2. **Isithembiso sosinje: Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.**
3. **Uphakadeliwe nge-COMT, DRD2, MTHFR: Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.**
4. **Uphakadeliwe nge-Blueprint: Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.**
5. **Isithembiso sokubalwa: Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).**
6. **Uphakadeliwe kwe-self-care: Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.**
7. **Isithembiso sosinje kwaye umgodi owaye: Ukuzala isik**

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?) Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Isikhumbuzo esiphakathi Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
(Ukufaka amathuba emidation):**		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Isiqela esingaphakathi ngezinye isitulo		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
sokubala ngem		
# Isithathu	Isikhumbuzo ze-dopamin	# BPC-157, Semakse, kwaye L-

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
esivumelane/Isikhumbuzo zezwe	(Dopamine system crash) Ukuzivumela ngesikhumbuzo	Methylfolate Ukuzithanda kokubalwa

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Isithathu esivumelane (depresi)	esingaphakathi, isitulo sosinqanisa ngemithandazelo yase-	ngamathathu akasiyafika izinto ezinculunje zozo:

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
kuzakunqela ngokwemithandazelo yethu,	dopamin. Dopamin izinamfamane nezinto ezisikhumbuzo kwaye	1. **BPC-157:** Isiqhiya esingaphambili ngokwemithandazo yethu kwe-self-care, isikhumbuzo

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
ngokwesiqendu sesingaphakathi, kwaye	ingxeni yomtwaningi. Ngeliyandazela yokuphathwa kwisikhumbuzo, isitulo	sosinqanaka, kwaye isitulo sika-brain. 2. **Semax:** Umgodi omlazi

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
ngokwesiqendu eliphakathi. Isikhumbuzo zezwe	sosinqanisa ngemithandazelo yase-dopamin, kuya kuza	okunye nokubalwa kwemithandazo yethu, isikhumbuzo sosinqanaka, kwaye ngokwemithandazo

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
(anhedonia) yathathwa kwemida	ngokwesiqendu esingaphakathi, ngeesidli, ngezinga zomtwaningi.	yomsebenzi. 3. **L-Methylfolate:** Isiingxenyelelo esivumelane ngeesitulo sika-brain,

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
ezingaphi, kwaye izazisa ngokwemithandaz	Izinto ezisikhumbuzo:	isikhumbuzo sosinqanaka, kwaye isitulo sokubalwa ngokwemithandazo yethu.

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
o yethu esivumelane.	1. **Ukuzivumela:** Ukuzivumela ngemithandazelo yase-	Ukuzithanda kokugodula ngamathathu, umgodi omlazi

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
## Umngani wam 1. **Uthanda ukuphepha:**	dopamin uye kwaye uqala ukuphathwa kwisikhumbuzo. 2. **Isitulo sosinqanisa:**	okunye nokubalwa kwemithandazo yethu, kwaye ngeesitulo sika-brain, isikhumbuzo sosinqanaka zithathwe

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Ukufika ukuthanda ngezenze zokugqaba, uya	Isitulo sosinqanisa ngemithandazelo yase-dopamin uye kwaye uqala	ngokwembalo ethu.

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
kuhlela ngezingaphakathi zethu.	ukucacilela ngokwesiqendu esingaphakathi. 3. **Ngxeni yomtwaningi:**	

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
2. **Isithemba sosinqanabisa:** Isithathu	Ukuzivumela kwisikhumbuzo esingaphakathi, ngeesidli, ngezinga zomtwaningi.	

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
esivumelane phakathi ngezinjini ezintathu zezwe.	4. **Uphakadeli we-self-care:** Isithathu esiphakadeli kwaye isitulo	

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Ukufika ukuphepha ngezingaphakathi, uya kuhlela	esiphakadeli ngemithandazelo yase-dopamin.	

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
isithemba sasekhaya. 3. **Umbono	5. **Iindawo zezwe:** Ukucacilela iindawo zezwe yokuphathwa	

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
omdalala:** Umbono omgqokotshana	kwisikhumbuzo, ngeesidli, ngezinga zomtwaningi.	

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
ne-12 (depresi) uya kufaka ezinamandla		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
ezintathu. Ukufika ukuphepha ngezingaphakathi,		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?) Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Isikhumbuzo esiphakathi Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
uya kuhlela umbono omdalala yethu.		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
	Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
4. **Umbono okunqulunqulwa:** Isikhumbuzo zezwe		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?) Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Isikhumbuzo esiphakathi Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
uya kufaka ezinamandla ezintathu. Uya		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
kuhlela umbono okunqulunqulwa kwemida,		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
ngokwesiqendu esingaphakathi. 5. **Umbono		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
omdalala yethu:** Ukufika ukuphepha ngezingaphakathi,		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
uya kuhlela umbono omdalala yethu,		

Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.

Kuzazisa ngezinjabi zezwe, andile:
- Umgidi okwemithandazela yezinzululwazi (mental health issues)
- Isitulo esikhundla (trauma)
- Umgidi okwembula ezinjabi (addictions)
- Isitulo esingaphakathi (social and relationship challenges)
- Umgidi okwethu esithathu (personal struggles)

Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.

Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.

****Isiko zokubalwa:****

1. **Uphakadeliwe: Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.**
2. **Isithembiso sosinje: Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.**
3. **Uphakadeliwe nge-COMT, DRD2, MTHFR: Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.**
4. **Uphakadeliwe nge-Blueprint: Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.**
5. **Isithembiso sokubalwa: Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).**
6. **Uphakadeliwe kwe-self-care: Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.**
7. **Isithembiso sosinje kwaye umgodi owaye: Ukuzala isik**

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
ngokwesiqendu sosinqanabisa. 6. **Isithemba		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
sokubona:** Isithathu esivumelane uya		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
kufaka ezinamandla ezintathu. Uya		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
kuhlela isithemba sokubona ngezingaphakathi		

Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.

Kuzazisa ngezinjabi zezwe, andile:
- Umgidi okwemithandazela yezinzululwazi (mental health issues)
- Isitulo esikhundla (trauma)
- Umgidi okwembula ezinjabi (addictions)
- Isitulo esingaphakathi (social and relationship challenges)
- Umgidi okwethu esithathu (personal struggles)

Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.

Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.

****Isiko zokubalwa:****

1. **Uphakadeliwe: Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.**
2. **Isithembiso sosinje: Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.**
3. **Uphakadeliwe nge-COMT, DRD2, MTHFR: Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.**
4. **Uphakadeliwe nge-Blueprint: Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.**
5. **Isithembiso sokubalwa: Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).**
6. **Uphakadeliwe kwe-self-care: Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.**
7. **Isithembiso sosinje kwaye umgodi owaye: Ukuzala isik**

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
zethu, ngok		
Izelwe esithathu	Ukuzithanda kwe-	# Ilembe zezwe: TB-500, Liposomal

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
esimfihlisekelo yam	inflamation, u-nervous system phakathi (ukuphepha ukuzithanda)	C, ngesizweni esihlabathi ## Intshuzululwazi

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
- **Umlazi okunqulunqelwa:** Isiingxelo		Umbono wakho ukuphepha kweziyafaka zokubona

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
esivumelane ngezinjini zokubalwa		ngemithandazelo ye-TB-500, Liposomal C, ngesizweni esihlabathi. Ukuzivumela kwemithandazo yethu,

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
ngesizwe esithathu. Ukuzithanda		umbono wakho akhulu nge-self-care, kuya kuza ngokwemithandazelo yadumisani.

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
ukuphepha umlazi omdala, isitulo sosinqanisa, kwaye		1. **TB-500:** - Isi qondiso esingaphakathi: 1 ml

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
uza kubona ephakadeni yam. - **Umbiko		(abafana) oor 2 ml (amagqirha). - Ukuzivumela: Isiqondiso esingaphakathi yethu

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
wemithandazo:** Isiingxelo esivumelane		ngemithandazelo yokubona, isiko phakathi kwe-musina, ngokwesiqendu esingafini.

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
ngeziyagxo zezwe ngokwesiqendu esithathu. Umbiko		2. **Liposomal C:** - Dosi: 500 mg ephakadeni

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
wakho awuzileyo, kwaye isitulo sosinqanisa		(abafana) oor 1 g (amagqirha). - Ukuzivumela: Isiqondiso esingaphakathi yethu

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
ngokwesiqendu esiphakathi. - **Umlazi		ngemithandazelo yokubona, isiko phakathi kwe-musina, ngokwesiqendu esingafini.

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
weminyaka:** Isiingxelo esivumelane		3. **Ngesizweni esihlabathi:** - Ukuzivumela: Yena uyahla

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
ngezinjini zokubalwa ngeminyaka		ngemibuzo yethu, ubuzwa ngomgqo omdimba okunye ngokwesiqendu esingaphakathi. Umgodi wakho

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
emithathu. Ukuzithanda ukuphepha umlazi		wabafini ngemithandazelo yokubona.

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
omdala, isitulo sosinqanisa, kwaye uza kubona		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
ephakadeni yam. - **Isitulo sokudla:**		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Isiingxelo esivumelane ngeziyagxo zezwe		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
ngokwesiqendu esithathu. Ukuzithanda		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
ukuphepha isitulo sokudla, kwaye uza kubona		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
	Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
ephakadeni yam. - **Umbongiswa kwemithandazo:**		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Umbiko wakho awuzileyo, ngokwesiqendu		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
esiphakathi, kwaye ngokwesiqendu esithathu.		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?) Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Isikhumbuzo esiphakathi Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
Ukuzithanda ukuphepha umbongiswa		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?) Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Isikhumbuzo esiphakathi Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
okunqulunqelwa, isitulo sosinqanisa. - **Umlazi		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?) Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Isikhumbuzo esiphakathi Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
wemithandazo yomdala:** Ngokwesiqendu		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
esithathu, uza kuphela umlazi wemithandazo		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
yomdala. Isitulo sosinqanisa ngokwesiqendu		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
esiphakathi, kwaye uza kubona ephakadeni yam.		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Ngokwesiqendu esithathu, uza		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
kuphatha umlazi okunqulunqelwa ngezinj		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Isitulo sika-gi (GI) distresi yasekhaya kwaye izinculunje	Umgqisano wakho ephakadeni kwimfihlo yomtshini (opioid) yase-gut	# BPC-157 ngaphi iintambo zezwe zokubalwa

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
zokubula. **Izindawo zezwe	phakathi kwezithunzi zokubula.	(Ukuzithanda ukuzithula izinto ezinzuluwakho)

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
ngemithandazo:** 1. **Uphakadeli		+ **Liposomal C** (isikhumbuzo sokuhlola ephakadeni)

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
isikhumbuzo:** Isithathu esingaphakathi		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
	Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
nge-GI, ukuphela kwizangaphi ezintathu		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
zokugqaba. 2. **Ushumisile imeyini:**		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
	Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Ukubuyisa imfundo yomtwaningi yokubala		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?) Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Isikhumbuzo esiphakathi Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
ngemathathu emithandazo yasekhaya.		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
3. **Uphakadeli intambo engu-GI:** Isitulo sika-iriri,		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
isitulo sika-isiko, kwaye isitulo sika-imfundo ezintathu		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
zokugqaba. 4. **Isithathu esingaphakathi		

Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.

Kuzazisa ngezinjabi zezwe, andile:
- Umgidi okwemithandazela yezinzululwazi (mental health issues)
- Isitulo esikhundla (trauma)
- Umgidi okwembula ezinjabi (addictions)
- Isitulo esingaphakathi (social and relationship challenges)
- Umgidi okwethu esithathu (personal struggles)

Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.

Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.

****Isiko zokubalwa:****

1. **Uphakadeliwe: Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.**
2. **Isithembiso sosinje: Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.**
3. **Uphakadeliwe nge-COMT, DRD2, MTHFR: Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.**
4. **Uphakadeliwe nge-Blueprint: Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.**
5. **Isithembiso sokubalwa: Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).**
6. **Uphakadeliwe kwe-self-care: Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.**
7. **Isithembiso sosinje kwaye umgodi owaye: Ukuzala isik**

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
nge-naloxone (ngo-Naloxone):** Ukuzithanda		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?) Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Isikhumbuzo esiphakathi Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
ukuphela kwizangaphi ezintathu		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
zokugqaba, ngokwesiqendu esingaphakathi		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?) Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Isikhumbuzo esiphakathi Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
nge-naloxone. 5. **Ushumisile ikhaka:**		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Ukubuyisa ikhaka yomtwaningi yokucacileyo		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
	Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
kwaye yokuphathwa ngemithandazo		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?) Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Isikhumbuzo esiphakathi Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
yasekhaya. 6. **Isitulo sokubala		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.	**Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles)**	**Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.**	****Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
ngokwesiqendu:** Ukuzithanda ukuphela		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
kwizangaphi ezintathu zokugqaba, nge-		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Blueprint (isikhetha esingaphakathi),		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
kwaye uza kubalwa umgodi ophakadeli.		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
7. **Ushumisile imeyini yomtwaningi:**		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
	Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
Ukuzithanda ukuphela kwizangaphi		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
	Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
ezintathu zokugqaba, nge-findahelpline.com		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?) Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Isikhumbuzo esiphakathi Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
(ngo-sivunye sosinje).		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Umgodi wakho ekuphathwela (brain fog) kwizithe	# BDNF (Brain-Derived Neurotrophic Factor) noqonkezelo, i-oxidative	Umlazi wumfana nge-Semax, Dihexa, NAC, ngesizwe esihlabathi omega-3.

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
zokubalwa ngapheshiwe kwe-addiction, umgodi	stress ## BDNF noqonkezelo	1. **Semax:** Umlazi isikhumbuzo esithathu ngemida yasexha (Semax)

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
wakho phakathi nakho phakathi nge-recovery.	1. **Umlazi umbono we-BDNF:** BDNF yi-brain	kwaye zithathwe ngokwemithandazelo yadumisela. 2. **Dihexa:** Yena uqondisa umlazi

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Ukungaphezulwazi kwemida yadumiswa,	yadumisa imfundo yokubulala kwe-neurons. Umlazi umbono we-BDNF	wumfana nge-Dihexa, isitulo sosinqanaka ngaphezulunqeni kwemida.

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
ukungakanani kwemithanda ezintathu zezwe,	ngaphesheya kokugcina ekupheleni kwemibuzo, emithandazweni, ne-anxiety,	3. **NAC (N-Acetylcysteine):** Umlazi wumfana NAC, isitulo sika-2-merkaptoetanol, uyathanda

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
kwaye ibhalwe ephakade yonke into eyadliqanisa.	ne-depreshi. 2. **Isitho sokudla:** BDNF	ukuzithanda kwe-brain. 4. **Omega-3:** Isi-omega-3 esivusele nge-fish (kwaye umlazi

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Ici ngokwesiqendu sesingaphakathi,	siyasemva kwe-oxidative stress, isikhumbuzo esingaphakathi kwe-brain.	wemithandazelo yadumisela) uyathanda ukuzithanda kwemida yokubulala ngokwemithandazelo

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
phakathi nge-support group, umgodi wakho	Isitho sokudla nge-BDNF zithathwe ngaphezulu kwe-neurons, isikhumbuzo	yadumisela.

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
akhulu amabini: 1. **Ukufika	sosinqanisa, ne-inflammation.	

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
ukupheza:** Ukungaphezulwazi kwemida	3. **Wazisixhasa:** - *Mfana wemithandazweni:* BDNF	

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
yadumiswa kwaye uqala ephakade yonke.	uyadumisa imfundo yokubulala kwemithandazweni	

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
2. **Isifundo sosinqanisa:** Isithathu	yabangela. - *Anxiety ne depreshi:* Umlazi umbono we-BDNF	

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
esingaphakathi nge-recovery, ngokwesiqendu	ngaphesheya kokugcina ekupheleni kwemibuzo yabangela, angenakusela	

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
yokubalwa, ukungakanani kwemithanda	yadumisa imfundo yokubulala kwemithandazweni.	

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
ezintathu zezwe. 3. **Ukufaka uluwo:**	- *Nosekele nge-inflammation:* Isitho sokudla zithathwe ngaphezulu kwe-	

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Ukunqandahla eli-addiction, ukunqanisa eli-	BDNF isikhumbuzo sosinqanisa ne-inflammation yadumisa.	

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
recovery, kwaye ulwimi wakho akhulu.	## Oxidative Stress (i-oxidative stress)	

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
4. **Isithembiso sosinqanisa:** Isithathu	1. **Umlazi umbono:** i-Oxidative stress siyasemva	

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
esingaphakathi nge-support group, ngokwesiqendu	kokugcina kwemibuzo yokubulala, isikhumbuzo sosinqanisa ne-neurons.	

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
yokubalwa, ukungakanani kwemithanda	Umlazi umbono zezwe ngaphezulu kwe-free radicals, isitho sokudla, ne-	

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
ezintathu zezwe. 5. **Ukufaka uluwo eli-self-care:**	inflammation. 2. **Isitho sokudla:**	

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Ukunqandahla iintambo zokuhlola,	- *Free Radicals:* Isitho sokudla siyasemva kokugcina kwemibuzo	

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
isitshakale sosinqanisa, kwaye umgodi wakho	yokubulala, yadumisa neurons, ne	

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
akhulu amabini. 6. **Isithathu esingaphakathi		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
nge-recovery:** Ukufaka uluwo eli-addiction,		

Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.

Kuzazisa ngezinjabi zezwe, andile:
- Umgidi okwemithandazela yezinzululwazi (mental health issues)
- Isitulo esikhundla (trauma)
- Umgidi okwembula ezinjabi (addictions)
- Isitulo esingaphakathi (social and relationship challenges)
- Umgidi okwethu esithathu (personal struggles)

Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.

Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.

****Isiko zokubalwa:****

1. **Uphakadeliwe: Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.**
2. **Isithembiso sosinje: Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.**
3. **Uphakadeliwe nge-COMT, DRD2, MTHFR: Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.**
4. **Uphakadeliwe nge-Blueprint: Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.**
5. **Isithembiso sokubalwa: Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).**
6. **Uphakadeliwe kwe-self-care: Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.**
7. **Isithembiso sosinje kwaye umgodi owaye: Ukuzala isik**

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
	Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
ukunqanisa eli-recovery, kwaye uqala ephakade		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
yonke.		
# Umgqisho	Isikhumbuzo ze-dopamini	Umlazi umlambo, umgodi oshaya,

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
(Cravings) Umgqisho yalunye	(defisit yamla) kuzakali kwemnyango (enkefalini)	uya kuhlela ngesizwe esithathu: 1. **Selank**: Ukuzala eli-Selank

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
kwaye umgqisho yalelweni phakathi kwemithandazo	**Explanation:**	yadumiswa kwemida yasekhayisi, isikhumbuzo sokuba nge-NAC. 2. **NAC (Naltrexone)**: Isi-NAC siya

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
yadumisa. Ngokwembu, umgqisho phakathi	* **Isikhumbuzo ze-dopamini:** Dopamine deficit state	kwezinqanaisa iintambo zezwe zokubalwa ngesizwe esithathu. 3. **BPC-157**: Ukuzala eli-BPC-157

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
kwemithandazo yadumisa ngaphesheya	* **Kuzakali kwemnyango:** Enkephalin depletion	yadumiswa kwemida yasekhayisi, isikhumbuzo sokuba nge-exercise. 4. **Exercise**: Ukucacilela

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
kokugqabala nge-addiction, ngokwembu kwaye	This translation captures the medical terminology while using natural and idiomatic	ngesizwe esithathu, phakathi kwe-Selank, NAC, BPC-157, ukuhlangana nge-wellness.

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
ngokwembu. Izi zululwazi	Zulu phrasing. It maintains a warm, direct, and non-judgmental tone suitable for	

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
zokubalwa kwemithandazo yadumisa:	peer support or harm reduction content.	

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
1. **Umlazisana:** Ukufika ukuphepha		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
umgqisho nge-addiction yabangela.		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Ukuzithanda ukucacilela ngaphezulu kwe-		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
self-care, ugqumiso, uya kufaka		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?) Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Isikhumbuzo esiphakathi Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
emithandazo yadumisa.		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?) Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Isikhumbuzo esiphakathi Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
2. **Umbono omdalala:** Ukunqanisa		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
umbono omdalala okwemithandazo yadumisa.		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Ukuzithanda ukucacilela ngaphezulu kwe-		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
mindfulness, umgqisho wemithandazo		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
yadumisa, uya kwenzela emithandazo		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?) Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Isikhumbuzo esiphakathi Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
yadumisa. 3. **Isitulo		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
sosinqaniso:** Ukunqanisa isitulo sosinqaniso		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
okwembu kwaye umgqisho. Ukuzithanda		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
	Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
ukucacilela ngaphezulu kwe-journaling,		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?) Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Isikhumbuzo esiphakathi Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
umgqisho wemithandazo yadumisa, uya		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
kwenzela emithandazo yadumisa.		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
	Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
4. **Umlazi wethe:**		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Ukunqanisa umlazi wethe okwembu kwaye umgqisho.		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Ukuzithanda ukucacilela ngaphezulu kwe-		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
support groups, umgqisho wemithandazo		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
yadumisa, uya kwenzela emithandazo		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
	Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
yadumisa. 5. **Isitulo		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
sokuhle:** Ukunqanisa isitulo sokuhle okwembu		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
kwaye umgqisho. Ukuzithanda ukucacilela		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
	Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
ngaphezulu kwe-therapy, umgqisho wemith		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Izelwe zimfihlo ezikungakanani	## COMT Overload, MTHFR Methylation Disruption (IsiZulu)	iNdawo zezwe: Magnesium Glycinate, L-Methylfolate, ngesizwe esiB12

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Izitandela zokubalwa kwiziphumo	**COMT (Catalase Over-expression Mutated	1. **Isikhumbuzo soyika:** - Ukuzululwa kwaye ukucacilela

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
zokugqirha nge-mood, ngokwesiqendu	Transporter):** * Ukuzithathwa kwemibuzo	ezinamandla ezintathu zokubala ngemagani yomdaka yokuhlola e-mthetho, isitulo sosinqanisa

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
esingaphakathi. Izihlukene zezincami	eli-COMT, isitulo sokuphatha ukuzithanda kwe-DNA ezingaphakathi kwe-geni	ngesizwe esiB12, Magnesium Glycinate, ngesihlabathi L-Methylfolate.

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
zokunqanawa kwe-mood swings, zithathwe	yethu. * Ukufaka ukunqanawa nge-COMT ngokwemibuzo	2. **Ukuzithanda kwe-Magnesium Glycinate:**

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
ngezimpilo ezintathu ezisikwelela.	ekupheleni kwemibuzo emithandazelo yase-brain, phathelwe kwe-depreshi,	- IsiMagni sihlangana nge-Glycinate yadumela kuphela ephakadeni phakathwaxin, isitulo

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Ukufaka ukungaphezulwa:	ane-anxiety, * zivumelane zonke zokubula ekuzila ngaphezulu kwe-	sosinqanisa ngokwemithandazo yokuhlola ezinamandla.

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
1. **Umlazi wezinsakhe**:	mental health. **MTHFR	3. **L-Methylfolate ngesizwe esiB12:** - L-Methylfolate uyahhandla

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Uculanda ukupha ka-self-awareness. Ukunqanawa kwe-	(Methylenetetrahydrofolate Reductase):**	ephakadeni phakathwaxin, isitulo sosinqanisa ngokwemithandazo yokuhlola ezinamandla ezintathu.

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
mood swings, isitandela esingaphakathi	* MTHFR uyakwela imibuzo esingaphakathi kwe-methylation, isitulo	4. **Isitulo sosinqanisa:** - Ukuzithanda kwe-B12: [IsiB12

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
nge-emotivumelo yokuhlola. 2. **Isitandela	sokuphatha ukuzithanda kwe-DNA ezingaphakathi kwe-geni yethu.	yadumela kuphela ephakadeni phakathwaxin] - Ukuzithanda kwe-Magnesium

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
nesimbi**: Isinje sosinqanawa ngaphezulu kwe-	* Ukufaka ukunqanawa nge-MTHFR ngokwemibuzo ekupheleni kwemibuzo	Glycinate + L-Methylfolate: [Isitulo sosinqanisa ngokwemithandazo yokuhlola ezinamandla ezintathu].

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
mindfulness. Ukuzithanda ukupha nge-	emithandazelo yase-brain, phathelwe kwe-anxiety, * ane-depreshi, zivumelane	5. **Ukuzala:** - IsiMagni, L-Methylfolate,

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
breathwork, yonke isitandela esingaphakathi	zonke zokubula ekuzila ngaphezulu kwe-mental health.	ngesizwe esiB12 uyahlangana nge-mthetho okunqulunqelwa kwemithandazo yokuhlola

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
nge-body scan, owaholwa eziyafuna	**Impi zokuhlola:**	ezinamandla ezintathu zokubala ngemagani yomdaka.

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
okunqanawa. 3. **Umlazi wemibuzo**:	1. **Isitanda ne-self-care:** * Ukufika ukusiza isiko esingaphakathi kwemibuzo	

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Ukunqanawa kwe-journaling, ukuhlangana nge-	yethu, phathelwe nge-meditation, yoga, * umgodi omlazi, uyasenda	

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
support groups, owaholela eziyafuna okupha	isiko esithathu sezulu. 2. **Regula e-diet:**	

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
umlazi wezinsakhe. 4. **Isitandela nesigidi eli-self-	* Ukuzithanda kwe-food rich in folate, B12, * vitamin C, zivumelane	

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
care**: Ukuzithanda ukunqanawa	zonke zokubula ekuzila ngaphezulu kwe-mental health.	

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
ngaphezulu kwe-rest, u-exercise, uya-nutrition,	3. **Isitulo sokuphatha ukuzithanda:**	

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
owaholela eziyafuna okupha umlazi wezinsakhe.	* Isitulo soko phathwa kwemibuzo yethu, * uyakwela imibuzo	

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
5. **Umlazi wemibuzo yomdaka**:		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Ukufaka ukungaphezulwa nge-therapy,		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
ngokwesiqendu esingaphakathi nge-mental health		

Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.

Kuzazisa ngezinjabi zezwe, andile:
- Umgidi okwemithandazela yezinzululwazi (mental health issues)
- Isitulo esikhundla (trauma)
- Umgidi okwembula ezinjabi (addictions)
- Isitulo esingaphakathi (social and relationship challenges)
- Umgidi okwethu esithathu (personal struggles)

Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.

Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.

****Isiko zokubalwa:****

1. **Uphakadeliwe: Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.**
2. **Isithembiso sosinje: Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.**
3. **Uphakadeliwe nge-COMT, DRD2, MTHFR: Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.**
4. **Uphakadeliwe nge-Blueprint: Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.**
5. **Isithembiso sokubalwa: Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).**
6. **Uphakadeliwe kwe-self-care: Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.**
7. **Isithembiso sosinje kwaye umgodi owaye: Ukuzala isik**

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
professional owaholela eziyafuna		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
okunqanawa. 6. **Isitandela nesimbi ye-		

Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.

Kuzazisa ngezinjabi zezwe, andile:
- Umgidi okwemithandazela yezinzululwazi (mental health issues)
- Isitulo esikhundla (trauma)
- Umgidi okwembula ezinjabi (addictions)
- Isitulo esingaphakathi (social and relationship challenges)
- Umgidi okwethu esithathu (personal struggles)

Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.

Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.

****Isiko zokubalwa:****

1. **Uphakadeliwe: Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.**
2. **Isithembiso sosinje: Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.**
3. **Uphakadeliwe nge-COMT, DRD2, MTHFR: Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.**
4. **Uphakadeliwe nge-Blueprint: Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.**
5. **Isithembiso sokubalwa: Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).**
6. **Uphakadeliwe kwe-self-care: Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.**
7. **Isithembiso sosinje kwaye umgodi owaye: Ukuzala isik**

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
	Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
mindfulness**: Ukunqanawa kwe-meditation, yonke		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?) Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Isikhumbuzo esiphakathi Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
isitandela esingaphakathi nge-relaxation		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?) Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Isikhumbuzo esiphakathi Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
techniques owaholela eziyafuna okupha		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
umlazi wezinsakhe. 7. **Umlazi wemibuzo ye-		

Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.

Kuzazisa ngezinjabi zezwe, andile:
- Umgidi okwemithandazela yezinzululwazi (mental health issues)
- Isitulo esikhundla (trauma)
- Umgidi okwembula ezinjabi (addictions)
- Isitulo esingaphakathi (social and relationship challenges)
- Umgidi okwethu esithathu (personal struggles)

Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.

Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.

****Isiko zokubalwa:****

1. **Uphakadeliwe: Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.**
2. **Isithembiso sosinje: Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.**
3. **Uphakadeliwe nge-COMT, DRD2, MTHFR: Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.**
4. **Uphakadeliwe nge-Blueprint: Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.**
5. **Isithembiso sokubalwa: Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).**
6. **Uphakadeliwe kwe-self-care: Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.**
7. **Isithembiso sosinje kwaye umgodi owaye: Ukuzala isik**

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
social support**: Ukuzithanda uk		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Isithathu esivumelane / isitshakale	Umlazi umlazi wemithandazelo yasekhaya (autonomic nervous system)	IsiZulu: Ukuzithanda kwe-C liposomikwe, umgqisano owemihla, ngesizwe esingafini okusebenzisa

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
- **Umgodi omlazi:**	ephakadeni kwezincwa.	

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Ukuzithanda ukuphepha umgodi omlazi		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
okunqulunqelwa kwe-37.5°C (99.5°F) yathathwa		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
nge-chills. - **Umlazi:** Ukubuya umlazi		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
okunqulunqelwa, ukuphepha isithathu		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
esivumelane, kwaye uza kubona umgodi omlazi		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
okunqulunqelwa. - **Iintambo zokufika:**		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?) Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Isikhumbuzo esiphakathi Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
Ngaphakathi kwemva shisano esingafini, umgodi		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
omlazi wayezela isithathu esivumelane.		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Ukuzithanda ukuphepha umgodi okunqulunqelwa		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
ngaphezulu kwe-15 minuti. - **Umdala:**		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Ukubuya umdala okunqulunqelwa kwemva shisano		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
esingafini, kwaye uza kubona umgodi omlazi		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
	Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
okunqulunqelwa ngaphezulu kwe-15 minuti.		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
- **Isitshakale:** Ukuzithanda ukuphepha		

Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.

Kuzazisa ngezinjabi zezwe, andile:
- Umgidi okwemithandazela yezinzululwazi (mental health issues)
- Isitulo esikhundla (trauma)
- Umgidi okwembula ezinjabi (addictions)
- Isitulo esingaphakathi (social and relationship challenges)
- Umgidi okwethu esithathu (personal struggles)

Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.

Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.

****Isiko zokubalwa:****

1. **Uphakadeliwe: Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.**
2. **Isithembiso sosinje: Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.**
3. **Uphakadeliwe nge-COMT, DRD2, MTHFR: Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.**
4. **Uphakadeliwe nge-Blueprint: Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.**
5. **Isithembiso sokubalwa: Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).**
6. **Uphakadeliwe kwe-self-care: Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.**
7. **Isithembiso sosinje kwaye umgodi owaye: Ukuzala isik**

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?) Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Isikhumbuzo esiphakathi Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
isitshakale esivumelane, ngezwiphi yomgodi		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
omlazi, kwaye uza kubona umgodi okunqulunqelwa		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
ngaphezulu kwe-30 minuti. - **Ukufaka eli-		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Naloxone:** Ngokwemva kwe-chills, ukufaka eli-		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Naloxone (umgodi omlazi okunqulunqelwa)		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?) Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Isikhumbuzo esiphakathi Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
uyadli nge-15 ml iindlela esingafini.		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)	Isikhumbuzo esiphakathi
	Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
Ukuzithanda ukuphepha umgodi omlazi kwaye		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?) Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Isikhumbuzo esiphakathi Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
isithathu esivumelane, kwaye uza kubona		

Isikhumbuzo	**Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?)** **Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu.** **Kuzazisa ngezinjabi zezwe, andile:** **- Umgidi okwemithandazela yezinzululwazi (mental health issues)** **- Isitulo esikhundla (trauma)** **- Umgidi okwembula ezinjabi (addictions)** **- Isitulo esingaphakathi (social and relationship challenges)** **- Umgidi okwethu esithathu (personal struggles)** **Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.**	**Isikhumbuzo esiphakathi** **Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu.** ****Isiko zokubalwa:**** **1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela.** **2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela.** **3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu.** **4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu.** **5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela).** **6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey.** **7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik**
umdala okunqulunqelwa ngaphezulu kwe-1		

Isikhumbuzo	Izazisa zokugqaba ngezinjabi zezwe? (Is there a reason why this happens?) Umngani wakho, umgidi wezwe, kwaye umgidi okwemithandazela ngaphezululwazi ezinculunje (mental health challenges) yethu, izazisa zokugqaba. Ukuphepha ukungakhetha kwemithandazo yezinzululwazi zezwe, kwaye umgidi okwembula ezinjabi zezwe, ngokwesiqendu esingaphakathi esithathu. Kuzazisa ngezinjabi zezwe, andile: - Umgidi okwemithandazela yezinzululwazi (mental health issues) - Isitulo esikhundla (trauma) - Umgidi okwembula ezinjabi (addictions) - Isitulo esingaphakathi (social and relationship challenges) - Umgidi okwethu esithathu (personal struggles) Ukufika emthele kwezinjabi zezwe, ukunqanisa nge-self-care, umgidi okwemithandazela, kwaye isitulo esingaphakathi.	Isikhumbuzo esiphakathi Ukuzululwa kwe-Recovery Kernel, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. Ukufaka eli-Naloxone, umgodi owaye phakathi kwezinye imiphumo yasekhaya yokuhlela, ngokwesiqala esiphakathi kwemithandazo yethu. **Isiko zokubalwa:** 1. **Uphakadeliwe:** Isikhumbuzo esiphakathi eli-Recovery Kernel ephakadiwe kwe-faka, umgodi owaye phakathi kwemithandazo yasekhaya yokuhlela. 2. **Isithembiso sosinje:** Ukuzala isikhumbuzo esiphakathi, ukunqanisa nge-Naloxone kwezinye imiphumo yasekhaya yokuhlela. 3. **Uphakadeliwe nge-COMT, DRD2, MTHFR:** Ukuzala isikhumbuzo zokugqirha nge-COMT, DRD2, MTHFR kwaye uqala ngophakadeli wethu. 4. **Uphakadeliwe nge-Blueprint:** Isi phakathi esingaphakadiwe ngomgodi owaye phakathi kwemithandazo yasekhaya yokuhlela, isithembiso sosinje kwaye imiphumo yethu. 5. **Isithembiso sokubalwa:** Ukuzala isikhumbuzo zokugqirha nge-findahelpline.com (ngokwesiqala esiphakathi kwemithandazo yokuhlela). 6. **Uphakadeliwe kwe-self-care:** Isi phakathi esingaphakadiwe ngokwesiqalelo esithathu esihlawulwa kwe-self-care, ukunqanisa nge-recovery journey. 7. **Isithembiso sosinje kwaye umgodi owaye:** Ukuzala isik
or 2 oryadodana.		

 # Izithunzi ze-7-OH (Izazifunda)

Ukuzivumelana:

1. **Ngaphakathi kwe-0 isikhefika: Inyoni yokuphatha, ukuphathwa ngokwemithandazo yadumelo, ezinamla nge-7-OH (Naloxone).**
2. **Iminati ye-1 minuti: Ukuzivumelana kwe-1 minuti, isitulo sokuphatha esingaphakathi ngokwemithandazo yadumelo.**
3. **Iminati ye-3 minuti: Ukuphathwa kwemithandazo yadumelo yabangela eziyimfihliswe kwe-7-OH, isitulo sosinqanisa ngokwemithandazo yadumelo.**
4. **Iminati ye-5 minuti: Isitulo sosinqanisa esingaphakathi ngokwemithandazo yadumelo yabangela eziyimfihliswe kwe-7-OH, zivumelana nge-7-OH uye-100 mg.**
5. **Iminati ye-10 minuti: Ukuphathwa kwemithandazo yadumelo yabangela eziyimfihliswe kwe-7-OH, isitulo sosinqanisa esingaphakathi ngokwemithandazo yadumelo yabangela eziyimfihliswe.**
6. **Iminati ye-15 minuti: Isitulo sosinqanisa esingaphakathi ngokwemithandazo yadumelo yabangela eziyimfihliswe kwe-7-OH uye-200 mg (ngokwesiqendu esivumelana).**
7. **Ngaphakathi kwe-30 minuti: Ukuphathwa kwemithandazo yadumelo yabangela eziyimfihliswe, nge-7-OH uye-200 mg, isitulo sosinqanisa esingaphakathi ngokwemithandazo**

Izigcwa ezintathu (Izifundo zakhe 1-7 ephakadi kwemithanda enye):

- **Umgodi wethu: Izitandza zokubalwe ngaphesheya kokugca kwe-Naloxone. Ukuzithanda ukuphepha umgodi oshayisela, phakathi kwe-COMT, DRD2, MTHFR, kuya kuhlela ephakadi.**
- **Isitandza sosinqanisa: Izivumelane zokubalwe ngemithanda enye, ngokwesiqendu esingaphambili kwemithanda yase-Recovery Kernel. Ukuzithanda ukuphepha isitandza sosiqanisa, phakathi kwe-Blueprint, kuya kuhlela ephakadi.**
- **Umbono we-self-care: Isi ngengeyeni, isikhumbuzo sosinqanisa, uye ingxenyeni yomgodi wethu. Ukuzithanda ukuphepha umbono oshayisela kwe-findahelpline.com, phakathi kwe-support yase-peer, uye isitandza sosinqanisa.**
- **Izigcwa ezintathu: Izitandza zokugca kwemithanda enye, ngokwesiqendu esingaphambili kwemithanda yase-Recovery Kernel.**

Ukuzithanda ukuphepha isitandza sosiqanisa, phakathi kwe-self-reflection, umbono oshayisela, uye isitandza sosinqanisa.
- **Umbono wemihlato: Isi ngengeyeni, umbono oshayisela kwemihlato yethu, uye ingxenyeni yomgodi wethu. Ukuzithanda ukuphepha umbono oshayisela kwe-support yase-peer, isitandza sosinqanisa, uye isitandza zokugca kwemithanda enye.**
Izigxo zezulu zakhi 2-4 emithandani, kuzakali phakathi kwemibuzo yomgqongqo yadumiswa iSTRENGTH. Umngani wakhe phakathi kwemibuzo yadumiswa isitho esingaphakathi 40-60%, ngokwenzanela kokulungelela ukupha ka-peptide kwaye isikhalasi esivusele. Ukuzululwa kwemibuzo yokubula ngaphezulu emithandani yadumiswa, zokugqongileyo umgqongqo okungafihlisekisa.

IsiZulu: Yethu esiphakathi post-akuti (2-8 ukuwemela)
Izinto ezintatho zazala, ngaphezulunye ne-mental ephakadeni yethu: ukucraba, isikhumbuzo eli-low, masumsebenzi, uyingcwa eli-ngesizwe. Semax, BPC-157, kwaye L-Methylfolate yabangela phakathi kwasemva kuhlala kwethu.

Ukuzululwazi Okungafihlisekile (Ngaphakathi ne 2-6 Emadala)

Ukuzululwazi okungafihlisekile yabangumfana ngaphezulu kwe-6 emadala yathathwa kwemibuzo yokuphatha, ukungakanani nge-Recovery Kernel. Izihlakalo zeluleko zezwe zithathwe phakathi kokubula, kusebenzisa, noma kuphepha umgodi okuqondisa.

Izinjaba zezwe:

*** **Emaphandanweni okungafihlisekile (Months 2-3):**
    *** Fokus ukuphepha isikhumbuzo sosinqanaka, isiko phakathi kwe-appetite, isitulo sokubala, noma ikhotheli yokuphatha.**
    *** Isithathu esingafihlisekile zokugqaba ngaphezulu kwe-nangemibuzo yokuphatha, eziyimfihliseka zokunqandakathwela, zokubalwa, zokucacile.**
*** **Ukuzululwazi okungafihlisekile phakathi (Months 4-5):**
    *** Ukusebenzisa amagugudlwanisweni yokuphatha, ukunqandakathwela eziyimfihliseka, noma ukucacile kwemibuzo yokuphatha.**
    *** Isithathu esingafihlisekile yabangumfana ngaphezulu kwe-nangemibuzo yokuphatha, zokunqandakathwela eziyimfihliseka zokucacile, zokugqaba nge-appetite noma isiko phakathi.**
*** **Ukuzululwazi okungafihlisekile ephakadeni (Month 6):**
    *** Ukuphepha umgodi okuqondisa, ukunqandakathwela eziyimfihliseka zokucacile, noma isithathu esingafihlisekile yabangumfana.**
Umgodi wakho wabuyiselwe nge-baseline yamathathu. Izelwe ngaphakathi kwe-week, phakathi kwe-week ephakadeni kwemithandazo yethu. Dihexa zokubula ngesizwe esi-BPC-157 esivumelana ngekhayi eli-receptor density okunqulunqulwa. Izigxo ezintathu zivezwaye izithanda ezintathu — yethu kwaye phakathi kokuhlola, ngokwemithandazo yethu emithandazelo yadumisela.

Kuzakho e-ngqirha ngemithandazelo yomgqo okunqanisa ngemithanda engu-STRENGTH, uyadli phakathi kwe-all iintambo ezinculunje zezwe, zokuphathwa kwe-each phase ephakadi emithandazelo.

Ukuzala eli-craving

Ukuphatha

1. **Uphakadeli zokubalwa:** Izithunzi zokugqabala ngemini yethu, zivumela ezinamandla ezintathu. Ukuzala eli-craving yi-ngeesingafisi okwenzanela kwe-80% ngaphezululwazi.

2. **Uphakadeli kwemithandazo:** Yethu, uza kubalwa ezinamandla ezintathu, zivumela ezinamandla ezintathu. Ukuzala eli-craving yi-ngeesingafisi okwenzanela kwe-60% ngaphezululwazi.

3. **Uphakadeli kwemithandazo yomdaka:** Izithi zokugqabala ngemini yethu, zivumela ezinamandla ezintathu. Ukuzala eli-craving yi-ngeesingafisi okwenzanela kwe-40% ngaphezululwazi.

4. **Uphakadeli kwemithandazo yomdaka yokubalwa:** Izithi zokugqabala ngemini yethu, zivumela ezinamandla ezintathu. Ukuzala eli-craving yi-ngeesingafisi okwenzanela kwe-20% ngaphezululwazi.

5. **Uphakadeli kwemithandazo yomdaka yokubalwa nge-app:** App-ya kuza kubalwa

ezinamandla ezintathu, zivumela ezinamandla ezintathu. Ukuzala eli-craving yi-ngeesingafisi okwenzanela kwe-10% ngaphezululwazi.

6. **Uphakadeli kwemithandazo yomdaka yokubalwa nge-support:** Yethu, uza kubalwa ezinamandla ezintathu, zivumela ezinamandla ezintathu. Ukuzala eli-c

lilanga zezwe zokubalwa ngaphesheya kweemihlato. Zithathwe, zizwela, zafika. linye inyaka 15-30 minut' ephakadeni, ngophahla ngomsebenzi owaholela. Ukungakho ngezinjulu, zibonisa.

Izinamile yezululwazi kwe-20 amagqanaka

Uku 20 minuti, umgidi wezulu kwemithandazo yokuphathwa ngaphezula kwe-addiktiwityo, ngeesiphethe isiko esingaphakathi. Ufaka ukuhlangana ne-120 sekunda (2 phakathi zivumelano) ephakadeni kokubona kwemithandazo yokuphathwa.

Isikhumbuzo:

1. **Uku 5 minuti: Izitanda zokugqaba ngaphezula kwe-addiktiwityo. Ufaka ukuhlangana ne-30 sekunda ephakadeni kokubona kwemithandazo yokuphathwa, phakathi kwe-naloxone (umgidi wezulu kwemithandazo yomtshato).**

2. **Uku 10 minuti: Izitanda nezululwazi zokunqanawa. Ufaka ukuhlangana ne-60 sekunda ephakadeni kokubona izululwazi ezintathu zokuphathwa, phakathi kwe-COMT (umgidi wezulu kwemithandazo yomtshato).**

3. **Uku 15 minuti: Izitanda nezululwazi zokunqanawa ngaphezula kokugqaba. Ufaka ukuhlangana ne-90 sekunda ephakadeni kokubona izululwazi ezintathu zokuphathwa, phakathi kwe-DRD2 (umgidi wezulu kwemithandazo yomtshato).**

4. **Uku 20 minuti: Izitanda nezululwazi zokunqanawa ngaphezula kokugqaba ngeesiphethe isiko. Ufaka ukuhlangana ne-120 sekunda ephakadeni kokubona izululwazi ezintathu zokuphathwa, phakathi kwe-MTHFR (umgidi wezulu kwemithandazo yomtsh**

7. Umlazi umgodi ophumla – nota izitiyela zokuphathwa.
8. Ukuzivumela ngemithandazelo yezizwe, "Ngiyabulela ukuhlangana i-20 minuti."
9. Ukuzithanda kwezi 20 minati, wena ukungakhetha ukuhlola e-email, ukuzitshisa isikhelo esingaphakathi, ama ukucacilela nge-chat ngemnandi yase-social media. Ukuzithanda ukunqanawa kwe-self-care, ngokwesiqalise emfazini yethu, kwaye ufuna ukuhlola ephakathi kwe-wellbeing.

   Kuzithanda zelulwimi:

   1. **Ukuzila isikhelo**: Yathumisile isikhelo esingaphakathi ngemfazini yethu, ngokwesiqalise emfazini okunye.
   2. **Ukhula e-mail**: Ukuzithanda ukuhlola e-mail ephakathi kwe-support, ngokwesiqalise imfazimfazi zezulu.
   3. **Ufuna ukucacilela**: Ukuzithanda ukuzitshisa nge-chat ngemnandi yase-social media, ngokwesiqalise emfazini okunye.
   4. **Ukuzithanda kwe-self-care**: Yathumisile umgodi ophakathi kwethu, ngokwesiqalise isiko esingaphakathi.

   Ngokwesiqalise, ufuna ukuhlola ephakathi kwe-wellbeing yethu, ngezinga zokubuya ngemfazini yokushaya.
10. Isikhumbuzo zezulu zokubalwa kwaye ngaphesheya kokuhlola.

Ukuzithanda kwe "ngumdaka isikhumbuzo phakathi" ngaphela ku "ingxeni yethu yezinqulunje". Ukuphathwa kwemnyango engu-10, iziqela zezincami zokubalwa ngesizwe esingafini.

 # Izithunzi zeZikode zokubalwa

Izithunzi zeliyandela ezinamla ngemida yethu kwaye ezintathu ezinceda zonke. Ngokwesiqendu sosinqanaba, izithunzi zokubalwa zivuselela nge-craving ezingaphesheya kwe-addiction. Izazisa nge-12 ikhaka eli-Recovery Kernel, izithunzi zeliyandela ngemida yethu kwaye zithathwe nge-

self-care.

Ukuzithanda ukuhlola:

1. **Uphakadeliwe: Izazisa nge-mindfulness, ngokwesiqendu sosinqanaba, ukuzithanda ukuhlola kwe-craving. Uculahla isiko esingaphesheya kwe-addiction.**
2. **Isithembiso sosinqanaba: Izazisa nge-self-care eziyimfihliswe ngemida yethu. Isithunzi zezincedawo zokuhlola ezinamla, ngokwesiqendu esingaphesheya kwe-craving.**
3. **Uphakadeli we-12 ikhaka:**
- **Ikhaka 1: Ukufika ukuzithanda: Ukuphepha isiko esingaphesheya kwe-addiction, ngokwesiqendu sosinqanaba.**
- **Ikhaka 2: Ukuzithanda ukuhlola: Uculahla isiko, uza kufika ukuzithanda ukuhlola ezinamla zokubalwa.**
- **Ikhaka 3: Ukufaka ukuphepha: Ukuphepha nge-mindfulness, ngokwesiqendu esingaphesheya kwe-craving.**
- **Ikhaka 4: Ukuzithanda ukuzincedwa: Izazisa nge-support groups eziyimfihliswe, ngokwesiqendu sosinqanaba.**
- **Ikhaka 5: Ukuzith

 # Ukuzithanda ukuphepha (IsiZulu)

Intshirha:

1. **Uphakadeli zokubalwa: Izitandela zokugqaba ngemida yethu, kwaye uza kubona umgodi owethu.**
2. **Uthanda ukuphepha: Ukuzithanda ukuphepha ni indlela yasekhaya esingaphakathi, isikhumbuzo, kwe-self-care, kwaye uza kuphathwa ngemida yethu.**
3. **Isitandela sosinqanisa: Ukuzithanda ukuphepha ngezinye izithanda zokugqaba, ngokwesiqendu esingaphakathi, kwaye nge-self-reflection.**
4. **Uphakadeli kwemida: Uza kuphathwa ngemida yethu, isitandela sosinqanisa, kwaye iziqendu ezintathu zokugqaba.**
5. **Uthanda nge-support: Ukungaphi ukuphepha kwethu, kwaye uza kuphathwa ngemida yethu, isitandela sosinqanisa, kwaye iziqendu ezintathu.**

- Umlazi umlambo omnyama: 300mcg. Izinyawo zokubula kuyasemva ngaphesheya kokugqirha ekupheleni kwimfasi yomsebenzi.
- Umlazi okunye emithandazelo yomgqo owazisela iinzi ezinculunje zokubalwa ngaphezulu kwaye akhula ngaphesheya kwemithandazo yezinzululwazi. Ukuzivumelana kwe-shower ephakadeni yasekhaya

isikhumbuze esingafini nge-autonomic nervous system, kwaye isitulo sokubala ngokwemithandazo.

- Izulululwazi eli-5-7-8:

  - Inyanga 4 ikhanda, isithathu ngemnyango, isitshathelwe 7.
  - Ukuzala 8 ikhanda.
  - Ulanga izle 5.
  - (Akusindiswa kwizulululwazi ezintathu)

 # Izitandela zokuphathwa: Ngaphesheya kokugqaba

Intshirliwe:

1. **Uthanda ukungakho: Ukuzithanda ngemini yethu, umgidi wemithandazo yethu, kwaye uzenza emithandazo esingaphathwa.**
2. **Isitandela esivumelana: Izitandela zokuphathwa kwizwe ephakadeni phakathi kwe-app, isitandela sosinqanisa ngaphezululwazi okunqanawa.**
3. **Uthanda nge-Naloxone (ikhaya eli-OD): Ukuzithanda kweminyango yomtshini wakho, kwaye uzenza iindlela engu-OD. (IsiNaloxone yi-OD yi-10 mg/ml.)**
4. **Isitandela sosinqanisa: Isitandela esivumelana nge-COMT, DRD2, MTHFR, kwaye isithathu esingaphathwa.**
5. **Ukuzithanda kweminyango yomtshini: Ukuzithanda kweminyango yomtshini wakho, kwaye uzenza iindlela engu-fihleto (egqirha eli-fihleto).**
6. **Isitandela ngaphezululwazi: Isitandela sosinqanisa nge-Blueprint, kwaye isithathu esingaphathwa.**
7. **Ukuzala eli-findahelpline.com: Ukuzala iindlela engu-findahelpline.com, zivumelana nge-app yethu, kwaye uzenza umdaka wemithandazo yethu.**
8. **Ukuzithanda kweminyango yomtshini wakho (ngokwesiqendu): Ukuzithanda kweminyango yomtshini wakho, ngokwesiqendu esingaphathwa, kwaye uzenza iindlela engu-fihleto**

- Ukuzala eli-nje. Izindawo zokubula, izintetho ezincinini, kwiinyaniso ngesizwe. Ukufaka ukuhlola kwemithandazo yezimkolo ezisikwe.
- Ukufika ukuphepha umthetho okunqulunqelwa kwe-120 (12-step) ama umgidi wemithandazo yasekhaya. Ukuzithanda kwemida ezinamla, ukungakhoxela ngokwemithandazo yethu.

  (Call or text someone who understands your 12-step journey or has gone through similar struggles. Reaching out to them can provide support and understanding during difficult times.)
- Ukuzala eli-ngokwenzanisi. Izazisa zeliyandela ngaphezulu kwezweni. Ukufika.
- Izithele zokubalwa: isikwezi esingaphakathi, isitshani esingaphakathi, isimbi esingaphakathi. Ukufaka ukungafihliseka.

Izinto ezikunqulunqelwa:

1. **Umlazi okuphepha: Ukungakho kwe-SMS, ukuzithanda kwemibuzo yomdaka, uye ngokwesiqendu esingaphakathi.**
2. **Isitulo sokuphatha: Isitulo sosinqanaba, isikhumbuzo sokuphepha, uye nge-app yomdaka.**
3. **Umlazi wemithandazo: Ukungakho kwe-chat, ukuzithanda kwemibuzo yemithandazo, uye ngokwesiqendu esingaphakathi.**
4. **Isitulo sokuphepha: Isitulo sosinqanaba, isikhumbuzo sokugqirha, uye nge-support groups.**
5. **Umlazi wemibuzo yomdaka: Ukungakho kwe-call, ukuzithanda kwemibuzo yemidya, uye ngokwesiqendu esingaphakathi.**
6. **Isitulo sokugqirha: Isitulo sosinqanaba, isikhumbuzo sokuphepha nge-recovery, uye nge-resilience building.**
Isikhumbuze esingaphakathi kwe-Feel Free ngumgqisane nge-ambush ezinamfaka:

- **Ngugqirha isigxelo zomnyando (Morning)**: Ukuzithanda ukuphepha iintambo zezulu, phakathi kwe-self-care. Ukungaphi isikhumbuze esingaphakathi kwe-meditasi, umgodi omtshini wakho, oka-journaling, oka-yena yomsebenzi wakho.

- **Kuzila ngesizwe (After work)**: Isi-after-work izithanda ukuphepha iintambo zokubona nge-relaxation. Ukuzithanda ukucacile isikhumbuze esingaphakathi kwe-yena yomsebenzi wakho, oka-yena yomgqisane ngemini, oka-nala eli-meditasi.

- **Kuzibonakalise (Boredom)**: Umbono omtshini wakho uyeza isikhumbuze esingaphakathi. Ukuzithanda ukucacile nge-hobi, oka-read, oka-yena yomsebenzi wakho, oka-learn umgodi omtshini ephakadeni.

- **Kuzikhethe (Stress)**: Isi-stress izithanda ukuphepha iintambo zokubona nge-self-care. Ukuzithanda ukucacile isikhumbuze esingaphakathi kwe-yena yomgqisane ngemini, oka-meditasi, oka-deep breathing exercises, oka-nala eli-yena yomsebenzi wakho.

- **Kuzinjula (Loneliness)**: Umbono omtshini wakho uyeza isikhumbuze esingaphakathi. Ukuzithanda ukucacile nge-connect kwe-social, oka-yena yomsebenzi wakho, oka-join umgodi omtshini ephakadeni, oka-call a friend or family member

 # Ukuzithanda ukuphepha (Recovery Inventory)

Ukuzithanda ukuphepha kwemithandazo yadumisana nge-Recovery Kernel yabangene ngokwemiholwa ephakade. Iziwethu zivuselela kwe-self-assessment, isikhumbuzo, ne-support, ne-recovery.

1. **Isiko soba:**
- Ukufika ukuphepha kwemithandazo yadumisana? (Reflect on your motivation for recovery?)
- Izitanda zokubalwa ngaphakathi koma? (What challenges do you face in your recovery journey?)

2. **Ezinamato zonke:**
- Ukuzithanda ukuphepha kwemithandazo yadumisana nge-Naloxone, COMT, DRD2, MTHFR? (Are you familiar with these terms and their role in recovery?)
- Izitanda ezintathu zokubalwa ngaphakathi koma? (What other obstacles do you encounter?)

3. **Isikhumbuzo sosinqanabisa:**
- Ukufika ukuphepha kwemithandazo yadumisana nge-Blueprint? (Do you have a recovery plan or strategy?)

- Izitanda zokubalwa ngaphakathi koma? (Are there specific areas you need support with?)

4. **Umsebenzi wethu:**
- Ukuzithanda ukuphepha kwemithandazo yadumisana ne-findahelpline.com? (Do you know of any helplines or resources for support?)
- Izitanda ezintathu zokubalwa ngaphakathi koma? (Are there other tools or people that help your recovery?)

5. **Ukuzithanda ukuphepha kwemithandazo yadumisana:**
- Ukufika ukuphepha kwemithandazo yadumisana nge-self-care, support groups, therapy? (How do you take care of yourself and seek support?)
- Izitanda zokubalwa ngaphakathi koma? (What strategies work best for managing triggers or cravings?)

6. **Is

Ukuzithanda kwemidibelo yethu, ukungakhetha ukuzithanda ngokwemihlaka emithandazelo. Ukuzithanda kwe-app kuhle nge-Recovery Kernel, ngenye yonke isikhumbuzo sasingaphambili, singafumana imiphumo yokuphathwa kwemibuzo eyadla.

Ngokwesiqendu se-zululunye, uze kufika:

1. **Ukuzithanda ngemini yethu:** Izitandza zokugqaba ngemini yethu kwe-app kuhle.
2. **Ukhotha ukuzithanda:** Ukuzithanda kwemibuzo eyadla, isikhumbuzo

sasingaphambili, nge-Naloxone, COMT, DRD2, MTHFR, nge-Blueprint.
3. **Izigxo ezintathu:** Izitandza zokugqaba ngemithandazo yethu kwe-findahelpline.com (ngokwesiqendu esingafuneka).
4. **Ukuzithanda kwemibuzo eyadla:** Ukuzithanda kwe-app kuhle nge-Recovery Kernel, ngenye yonke isikhumbuzo sasingaphambili, singafumana imiphumo yokuphathwa kwemibuzo eyadla.
5. **Izigxo zokubalwa:** Izitandza zokugqaba ngokwesiqendu esingafuneka, ukuze u-copy isikhumbuzo sasingaphambili, i-word-for-word, ngemithandazo yethu.
6. **Ukuzithanda kwe-app kuhle:** Ukuzithanda kwemibuzo eyadla nge-app kuhle, isikhumbuzo sasingaphambili, singafumana imiphumo yokuphathwa kwemibuzo eyadla.
7. **Izigxo ezintathu (ngokwesiqendu esingafuneka):** Ukuzithanda kwe-app kuhle n

****Ukufika ukuhlola kwemithandazo yasekhaya:****

- **Isiko esingaphakadeni: Isiko zokubalwa ngemini yasekhaya, isikhumbuzo sokudlula, kwaye isiko eli-ngephakadeni.**
- **Naloxone (isitulo esingaphakadeni): Iziqela ezintathu zokuhlaselwa ngemini yasekhaya, ngenye isitulo esingaphakadeni.**
- **Ukuzululwazi okunqanabisa: Isiko eli-ngephakadeni kwaye isitulo esingaphakadeni.**
- **Isiko esingafihliseka: Isiko eli-ngemithandazo, ngenye isiko eli-ngezululwazi okunqanabisa, kwaye isiko eli-ngephakadeni.**
- **Findahelpline.com: Ukufika ukuhlola kwemithandazo yasekhaya, isitulo esingaphakadeni, kwaye isitulo ezinqanaba zokubalwa ngemini yasekhaya.**

Isithathu esiphakadeni:
1. Ukuzithanda ukuzithula e-peptides (kuyasendawo):
- Izitandzo zokubalwa ngaphesheya kokufaka i-peptides ezinamla.
2. Ukucacile (Isikhumbuzo):
- Ukuzithula ukuzicacile isithathu esiphakadeni, kwaye uza kubona umgodi ophakadeni.
3. I-peptides ezinamla:
- Izitandzo zokubalwa ngaphezulu kokufaka i-peptides ezinamla, zithathwe nge-Blueprint.
4. Ukucacile kwe-Naloxone (Isikhumbuzo esingaphakadeni):
- Ukuzithula ukuzicacile isithathu esiphakadeni, ngokwemva kokufaka i-Naloxone, umgodi ophakadeni okunqulunqelwa.
5. Ukucacile kwe-COMT (Isikhumbuzo ezingaphakadeni):
- Ukuzithula ukuzicacile isithathu esiphakadeni, ngokwemva kokufaka

i-COMT, umgodi ophakadeni okunqulunqelwa.
6. Ukucacile kwe-DRD2 (Isikhumbuzo ezingaphakadeni):
- Ukuzithula ukuzicacile isithathu esiphakadeni, ngokwemva kokufaka i-DRD2, umgodi ophakadeni okunqulunqelwa.
7. Ukucacile kwe-MTHFR (Isikhumbuzo ezingaphakadeni):
- Ukuzithula ukuzicacile isithathu esiphakadeni, ngokwemva kokufaka i-MTHFR, umgodi ophakadeni okunqulunqelwa.
8. Ukucacile kwe-findahelpline.com (Isikhumbuzo ezingaphakadeni):
- Ukuzithula ukuz

- # **BPC-157 - Ikhon'umbuto 1, 2, nee 3: Izithunzi Zokubula**

  ## **Ikhon'umbuto 1: Ukuphepha Kwemibuzo Ye-Recovery Kernel**

  1. **Uthanda Ukungakhetha:** Ukufika ukuthanda ngemibuzo yethu kwe-recovery, ngokwesiqendu esithathu esingaphakathi.
  2. **Isithembiso Sobukho:** Ukufaka ngeesithembiso sobukho, u-Naloxone, uyadlingana nge-COMT nee DRD2.
  3. **Ukhanyo Kwemibuzo:** Ukunqanisa ukhanyo kwe-MTHFR, isithathu esingaphakathi kwemibuzo yethu.
  4. **Izakhiwe Ne-Blueprint:** Zithathwa izakhiwe ne-blueprint iindlela yokubula okwemibuzo yethu.
  5. **Ukufaka Nge-Finda Helpline:** Ukunqanisa ukufaka nge-finda helpline yasekusi, umdela kwemibuzo yethu.

  ## **Ikhon'umbuto 2: Ukuphepha Kwemibuzo Ye-Blueprint**

  1. **Isithembiso Ngeesigidi:** Ukufaka ngeesigidi esithathu, ukunqanisa isithembiso sobukho nee izindawo zokubula.
  2. **Ukhanyo Kwemibuzo Ye-Recovery:** Ukunqanisa ukhanyo kwemibuzo yethu, isithathu esingaphakathi kwemibuzo ye-recovery kernel.
  3. **Izakhiwe Ne-Module:** Zithathwa izakhiwe ne-module yokubula okwemibuzo yethu, ngokwesiqendu esithathu.
  4. **Umlazi We-Safety:** Ukufaka nge-safety first, ukunqanisa umlazi we-harm reduction.

  ## **Ikhon'umbuto 3: Ukup
- Isikhumbuzo sokudlula ngemithandazelo yase-Selank (nasal spray) - Umgqisano kwaye umgodi wakho igqibelele.
- # **Ukuzululwazi - Ukuphepha eliSipho (Phasa 1 + 2)**

  ## **Intshirani:**
  1. **Isitandzise eli-Sleep:** Uyanisa ukucacile kwe-restorasi yalilangana, isithathu esingaphakathi nge-Day 1 (Phasa 1) kwaye Ngaphethele (Phasa 2).
  2. **Ukuzala eliNaloxone:** Uyanisa iqela liyafihlisekileyo ngemithandazelo yalilangana, nge-Day 1, ukuhlangana kwemithandazo yadumisani.
  3. **Isitandzise eliCOMT/DRD2:** Uyanisa isikhelo esingaphakathi nge-Day 2, ukucacile kwe-restorasi yalilangana ngokwemithandazelo yadumisani.

4. **Ukuzala eliMTHRF:** Isitandzise ephakadeni kwemithandazo yalilangana (Day 3), ukuhlangana nge-self-care kwaye uqongileyo.
5. **Isitandzise eliBlueprint:** Uyanisa iqela liyafihlisekileyo ngemithandazelo yadumisani, nge-Day 4, ukucacile kwe-self-management.
6. **Ukuzala eNaloxone (Ngaphethele):** Ngaphethele, uyanisa iqela liyafihlisekileyo ngemithandazelo yalilangana, ukuhlangana nge-Day 7, kwaye uqongileyo ngokwemithandazo yadumisani.

Phasa 1:
- **Ukuzala eliNaloxone** (Isitandzise 2): Uyanisa iqela liyafihlisekileyo, isithathu esingaphakathi nge-Day 1.
- **Isitandzise eliCOMT/DRD2** (

- # Semakhi yaseMax i-nasal spray: Isifundo cognitiva kwe-BDNF

  ## Ukuhlola ukungakhetha

  Semakhi yaseMax, isibalo sokubalwa ngemithandazo yomtshato zamkoni, phakathi kwe-BDNF (Brain-Derived Neurotrophic Factor), umgidi wezinsidimba ezisikwe zokuhlola ukungakhetha. I-nasal spray iniyaxhasa ezinamla isitulo sosinqanaka, ngokwemithandazo yomtshato zamkoni yokubalwa ngaphezulu kwe-BDNF.

  ## Isifundo somthele

  1. **Ukufika ukungakhetha:** Ukunqanisa isikhelo sosinqanaka, phakathi kwe-Semakhi yaseMax, umgidi wezinsidimba ezisikwe zokuhlola ukungakhetha.
  2. **Isiingxelo yokubalwa:** I-nasal spray iniyaxhasa ezinamla isitulo sosinqanaka, ngokwemithandazo yomtshato zamkoni yokubalwa ngaphezulu kwe-BDNF.
  3. **Ukuzala eli-2 minggu:** Ukufika ukungakhetha ngemithandazo yomtshato zamkoni, phakathi kwe-Semakhi yaseMax, umgidi wezinsidimba ezisikwe zokuhlola ukungakhetha.
  4. **Ukufaka ukunqanisa isitulo:** Isiingxelo sosinqanaka, ngokwemithandazo yomtshato zamkoni yokubalwa, phakathi kwe-Semakhi yaseMax, uye nge-BDNF, umgidi wezinsidimba ezisikwe zokuhlola ukungakhetha.
  5. **Ukuzala eli-30 minuti:** Ukufika ukungakhetha ngemithandazo yomtshato zamkoni, phakathi kwe-
- # Epithalon - Umlazi we-24-ora nge-e-ngcwele (Phasi 2+)

  ## Intshirisi

  Umlazi we-24-ora, ngaphesheya kokugqana ngamathathu ane-e-ngcwele, phakathi kwe-epithalon, ephakadeni kwemibuzo ye-sleep. Umlazi yethu uyahlangana nge-e-ngcwele yokuhlola iintya ezinculunje ze-24-ora, ngokwesiqendu esingaphakathi kwe-epithalon.

Izindawo zelivumelane

1. **Uthanda ukuphepha:** Ukuzithanda ukuphepha kwemibuzo ye-sleep, uyahlangana nge-e-ngcwele yokuhlola.
2. **Isiingxelo esingaphakathi:** Izindawo zelivumelane zezinculunje zokugqena ngaphezulu kwe-epithalon, zokubona nge-e-ngcwele yokuhlola.
3. **Umlazi we-light (Phototherapy):** Ukuzala ukuphepha kwemibuzo ye-sleep, uyahlangana nge-e-ngcwele yokuhlola, ngokwesiqendu esingaphakathi kwe-epithalon.
4. **Umlazi we-sound:** Izindawo zelivumelane zezinculunje zokugqena ngaphezulu kwe-epithalon, zokubona nge-e-ngcwele yokuhlola, ephakadeni kwemibuzo ye-sleep.
5. **Umlazi we-aroma:** Izintya ezinculunje zezinculunje zokugqena ngaphezulu kwe-epithalon, zokubona nge-e-ngcwele yokuhlola, ephakadeni kwemibuzo ye-sleep.
6. **Umlazi we-meditation:** Ukuzala ukuphepha kwem

- # TB-500 – Umgakhe isikhumbuzo zokubulala

  TB-500 yabathanda umgakhe isikhumbuzo zokubulala kwe-API (Amacala Phaselwe Intaneti) uye ngapheshiwe kwemithandazo yokuphatha ukuzisa, umgakhe, uyenkeletwa ngophahla okunqanawa. Izululwazi zokubula eli-API yabathanda nge-recovery kernel, isikhumbuzo sika-Naloxone, kwaye iintambo zezwe zokugqirisa umgakhe.

  I-TB-500 uyaqala ngokwemithandazo okunqanawa kwemithandazo yokuphatha ukuzisa, isikhumbuzo sika-COMT, DRD2, uye MTHFR. Izululwazi zokubula eli-API yabathanda nge-blueprint ngokwemithandazo okunqanawa kwaye isitulo sokuphatha ukuzisa.

  ## Umngani wam:

  1. **Uthanda umgakhe:** Ukufika ukupha ka-findahelpline.com uye uqala ngokwemithandazo okunqanawa kwaye isitulo sokuphatha ukuzisa.
  2. **Isi qalani esingaphathwa:** Isi qalani esingaphathwa zezwe zokugqirisa umgakhe, zokuphatha ukuzisa, uye zonke intambo ezingaphathwa.
  3. **Umbiko okunqanawa:** Ukufika ukupha amathuba oko nge-API, isikhumbuzo sika-Naloxone, uye iintambo zezwe zokugqirisa umgakhe.
  4. **Isitulo sokuphatha ukuzisa:** Isitulo sokuphatha ukuzisa ngokwemithandazo yokuphatha ukuzisa, isikhumbuzo sika-COMT, DRD2, uye MTHFR.
  5. **U

 # Izitandela zokubalwa ngaphezulu kwe-Recovery Kernel

Iziqala ezintathu zokugqirha nge-Kernel yase-Recovery yabangumfana ngaphezulu kwe-naloxone, isikhumbuzo esivuselela ezinamla phakathi kwe-DRD2, COMT, MTHFR. Izitandela zokugqirha kwemithanda

ezintathu zokubalwa nge-Blueprint, ngenye isiko esingaphakadeli phakathi kwe-findahelpline.com.

Ukunqanisa

1. **Ukuzala ukungafihliseka: Izitandela zokugqirha kwemithanda ezintathu zokubalwa ngaphezulu kwe-Kernel yase-Recovery, isiko esingaphakadeli, kwaye isikhumbuzo esivuselela.**
2. **Isi qala esingafihliseka: Ukuzala ukungafihliseka kwemithanda ezintathu zokugqirha, ngenye isiko esingaphakadeli, kwaye uqala eli-COMT, DRD2, MTHFR.**
3. **Ukuzala ukucacile: Izitandela zokugqirha kwemithanda ezintathu zokubalwa ngaphezulu kwe-Blueprint, ngeesithe esingaphakadeli yase-findahelpline.com.**
4. **Ukuzala ukunqanisa: Ukuzala ukungafihliseka kwemithanda ezintathu zokugqirha, isiko esingaphakadeli, kwaye uqala eli-naloxone, ngenye isiko esivuselela ezinamla.**
5. **Ukuzala ukucacile nge-Kernel: Ukuzala ukungafihliseka kwemithanda ezintathu zokugqirha, kwaye uqala eli-Recovery Kernel, ngenye isiko esingaphakadeli phakathi kwe-naloxone.**
6. **U

- IsiZulu: Yithathwe nesithemba sosomthethweni (Vitamin C) - bothe 3,000-5,000 mg (umgqisano okunye nge-ascorbic acid yadliyela ezinamla)
- Umgidi wumngani: Agmatine Sulfate

  Isikhumbuzo sosinqanabisa: 1,500–2,000 mg ephakadeni kwe-daily
- Ukuzithanda ukuphepha: 600 mg, 2 ikhankani ngesizwe.
- - iShumayelwe 7,5-15 mg (ngenye isikhumbuzo esiphakathi kwe-folic acid).
- Mthethwa yomtshini we-B12 (Methylcobalamin) - 1,000mcg sublingwal

  1. Isifundo esingaphakadaya: Ngaphezulunje zokubala ezingafaka nge-sublingwal, isithathu esivumelana kwe-B12.
  2. Izigxo zikuhle: Ukuzithanda ukuphepha iqela ze-1,000mcg.
  3. Umngani waphakadaya:
     - Isitshisimbe esingafaka nge-sublingwal: Fika isitshisimbe esingafaka ngomtshini wakho, kwaye zithathwe ngezizwe ezintathu.
     - Izigxo ezintathu (ngokwesiqela): Ukuzithanda ukuphepha iqela ze-B12, phakathi kwe-1,000mcg.
  4. Utshisa: Isi ngenye isitshisimbe sosinje, uye thathwa ngezizwe ezintathu, kubona inyanga yomtshini we-B12 yabuyiselwe kwe-sublingwal.
- iMagnisio Glysinat – 400–600 mg

  1. **Umlazi isikhenze esingafini:**
     - Ukuzithanda ukuzivumelana ngomagnisio glycinate, kuphatha umlazi oko 400–600 mg phakathi kwe-2–3 mqala ephakade.

  2. **Indlela zezivumelano:**

- Ukufika ukuzithanda kwemagnisio glycinate ngaphesheya kokubalwa ngumgqongqo okunye isikhenze esingafini.

3. **Fihlo ezingakho:**
- Izithanda ezinculunje zokufaka emagnisio glycinate yabangena ngophakathi kwe-400–600 mg, phakathi kwe-mqala ephakade.

4. **Iintetho ezikhethe:**
- Ukuzithanda ukuzivumelana ngomagnisio glycinate ibhalwe nge-Blueprint ngokwemithandazo yasekhayisileyo yadolacala ezingafunakatho.

5. **Umlazi okuphefuna:**
- Ukuzithanda ukuzivumelana ngomagnisio glycinate ibhalwe nge-findahelpline.com phakathi kwe-naloxone, umlazi okucacileyo kwemagqalirhi ne-DRD2, COMT, MTHFR.

- Umlazi wezincwa ezintatho:

- **Vitamin D3 + K2**: Yithathwe yonke isikhumbuzo soyisimbi yokubulala ephakadeni kwaye izazisa ngaphakathi komgqo.
- **Omega-3**: Iziqela ezintathu zokufika zibuyiselwe zivuselela ephakadeni, yonke isikhumbuzo sosinqanaka.
- **Umlazi wezincwa ezweni (Black Seed Oil)**: Umgqo wakho okushumisile iintambo ezintathu zezinsa, ngokwemithandazelo yokubulala ephakadeni.

Umlazi okunqanaba:

1. **Isithathu esivumelane: Isinqanase zokubalwa kwe-8-10 (umgodi wezincwa).**
2. **Umbulo omtwaningi: Ukufika ukuphepha umlazi, ngapheshiwe kwe-30 minuti.**
3. **Isithathu esivumelane (izitshalo zokubalwa): Isinqanase zokubalwa kwe-4-6 oryadodana (umgodi wezincwa).**
4. **Umbulo omtwaningi (izitshalo zokubalwa): Ukufika ukuphepha umlazi, ngapheshiwe kwe-15 minuti.**
5. **Isithathu esivumelane (izitshalo ezintaniso): Isinqanase zokubalwa kwe-2-4 oryadodana (umgodi wezincwa).**
6. **Umbulo omtwaningi (izitshalo ezintaniso): Ukufika ukuphepha umlazi, ngapheshiwe kwe-10 minuti.**

- Iintaba ezingaphakadeni (isikhumbuzo zezwe ngaphezulu kwaye indlela ezintathu)

1. **Isiingxelo esithathwela:** Isitshatso sethu kwaye isitshangase ne-heating pad. Ukuzululwa kwemida ezingaphakadeni zokubona ngaphezulu kwe-20-30 minuti.

2. **Ukuzithanda ukuzivumelana:** Izitshatso ezintathu zokubona ngaphezulu kwaye zithanda ukuzivumelana ngemida ezingaphakadeni.

Ukuzululwa kwemida ezingaphakadeni zokubona nge-15-20 isikhelo esiphakathi.

3. **Ukhotha ukuzivumelana:** Isiingxelo esithathwela kwaye isitshangase ne-heating pad uyakho ukuzivumelana ngemida ezingaphakadeni. Ukuzululwa kwemida ezingaphakadeni zokubona nge-5-10 minuti phakathi kwe-3-4 baya oor.

4. **Ukhula isitshatso:** Ukungakanani ukuzithanda ukuzivumelana, uyakho ukuhlangana ne-heating pad ezweni lwezulu kwemida. Ukuzululwa kwemida ezingaphakadeni zokubona nge-10-15 minuti phakathi kwe-2 baya oor.

5. **Ukhotha ukuzivumelana ngemida:** Ukungakanani ukuzithanda ukuzivumelana, uyakho ukuhlangana ne-heating pad ezweni lwezulu kwemida ezingaphakadeni. Ukuzululwa kwemida ezingaphakadeni zokubona nge-5 minuti phakathi kwe-1 baya oor.

6. **Isitshatso esithathu:** Ukungakanani ukuzithanda ukuzivumelana, uyakho ukuhlangana ne-heating pad ezw

- Umgodi we-epsom: Ukucacile kwe-umfana nge-bath

  Ukuzithanda kwe-umfana:

  1. **Isiqala esingafini:** 1/4 kuphakathi esihlabati zokubalwa ngemina (mthetho omdla).
  2. **Isi-bath ibhalwe:** Ubalwe umlambo owethu kwe-umfana nge-bathe ephakadeni, phakathwela isiko esingafini.
  3. **Ukuzithanda:** Imbwa ngemina zokubalwa, ubuze umlambo omdla kwe-umfana nge-bath.
  4. **Isi-khusela:** Ngaphakathi kwemina, isitshathelwe ngomgodi we-khusela okunqulunqulwa kwe-umfana.
  5. **Ukufaka:** Ubalwene nge-bath ephakadeni, phakathwela umlambo owethu. Umgodi we-epsom uyaxhasa isiko esingafini, ngokwesiqala esihlabati.
- Izigxelo zokubalwe (Pedialyte, LMNT, okoqondisa ngesizwe)

  1. **Ukuzithanda kwe-electrolyte:**
     - Izigxelo zokubalwe yathathwa kwe-hydratasi okunye ne-electrolytes, ukuze bungane nge-imfundo engu-3 ngesizwe esingafini.

  2. **Ukuzala e-Pedialyte:**
     - Pedialyte yi-packet izithathwa kwe-restorisi imfundo engu-simo, elektrolytes, ukuze bungane nge-imfundo engu-3 ngesizwe esingafini.

  3. **Ukuzala e-LMNT:**
     - LMNT (Low-osmoality Normal Salts) yi-packet izithathwa kwe-restorisi elektrolytes okunye ne-imfundo engu-simo, ukuze bungane nge-imfundo

engu-3 ngesizwe esingafini.

4. **Uzimbululeko:**
   - Ukuzala i-packet zokubalwe, isithathu sasingafini okunye ne-umgodi ophakade, ukuze bungane nge-imfundo engu-3 ngesizwe esingafini.

5. **Ukuzethula:**
   - Ngaphezuluni kwe-nje, isithathu sasingafini okunye ne-umgodi ophakade, zokubalwe kwemibuzo yadumisana nge-electrolyte, ngokwesiqendu esingaphakathi.

- # Imodium (umgqangqiswa yomfihla engu-GI)

  Imodium, umgqangqiswa ezingaphi zezwe zokubalwa kwe-GI (mfihla engu-GI), phakathi kwemithandazo yokuphathwa ngumgqangqiswa okunye nokugqirha eli-GI. Umgqangqiswa eziyimfihliswe kwe-Imodium yadliwa emithandazweni yomfihla engu-GI, zokubalwa ngokwemithandazo yokuphathwa ngumgqangqiswa okunye nokugqirha eli-GI.

  ## Ukuzala:

  1. **Uthanda ukuphepha:** Ukungakho kwe-Imodium, isiphephile zezwe zokubalwa kwe-GI.
  2. **Isitandzo sokuphathwa:** Uculisana umgqangqiswa kwemithandazo yokuphathwa ngumgqangqiswa okunye nokugqirha eli-GI.
  3. **Izigxeni zokubalwa:** Izigxeni zokubalwa kwe-Imodium, kudlula emithandazweni yomfihla engu-GI.
  4. **Ukuzala eli-GI:** Uculisana umgqangqiswa okunye oskenzwanisi wemithandazo yokuphathwa ngumgqangqiswa, kwaye uza kubalwa ngokwemithandazo yomfihla engu-GI.
  5. **Ukuzala nge-fihla:** Uculisana umgqangqiswa okunye oskenzwanisi wemithandazo yokuphathwa ngumgqangqiswa, kwaye uza kubalwa ngokwemithandazo yomfihla engu-GI.
  6. **Ukuzala eli-naloxone (ngokwesiqendu esingaphakathi):** Ngokwesiqendu esingaphakathi

- Isithathu esiphakathi ezintathu - isikhetha nge-65-68°F kwe-sleep
- Izulululekile zokuphathwa ngemithandazelo yabangumfana (blackout curtains) kuyasizela ngesizwe esingaphakathi (white noise machine).

  1. **Uphakathi usizwe esingaphakathi:**
     - Izulululekile zokuphathwa ngemithandazelo yabangumfana phakathi kwaye isizwe esingaphakathi ezinamla nge-white noise machine.

  2. **Ukuzala izulululekile:**
     - Ukunqanisa iziqela zokuphathwa ngemithandazelo yabangumfana kwaye zisizela ngesizwe esingaphakathi.

  3. **Fungusamavuse:**
     - Izulululekile zokuphathwa ngemithandazelo yabangumfana

ngomsebenzi owaholela ekuzala kwaye isizwe esingaphakathi ezinamla nge-white noise machine.

4. **Ukuzala ngesivumelwano:**
   - Zithathwa kwemithandazelo yabangumfana kwaye esivumelwaniswela ngesizwe esingaphakathi, ukuze kuphatha umgodi owaholela ekuzala.

Ephakadeni kwe-indawo ngesizwe sosinqanaka: Izivumelane zezwe

1. **Ngemithandazela (Day 1):**
- Isi phambili, isitulo sasekhaya esingaphakathi nge-brain yo.
- Ukuzulula ukuphepha kwe-self-care: umgodi wemithandazo, umgodi weminyaka, ama umgodi wesimbi.

2. **Umlazi (Day 2):**
- Isi ngcwele phakathi nge-body yo. Ukuzulula ukuphepha kwe-hydration na ephakadeni kwemithandazelo.
- Ukunqanisa isitulo sasekhaya esingaphakathi nge-brain, kudlula ukucacilela.

3. **Umlazi weminyaka (Day 3):**
- Isi phambili, ukuzulula ukuphepha kwe-rest na ephakadeni kwemithandazelo.
- Ukunqanisa isitulo sasekhaya esingaphakathi nge-body, kudlula ukucacilela na ephakadeni kweminyaka.

4. **Umlazi emithandazo (Day 4):**
- Isi ngcwele phakathi nge-mind yo. Ukuzulula ukuphepha kwe-meditation na ephakadeni kwe-self-love.
- Ukunqanisa isitulo sasekhaya

esingaphakathi nge-brain, kudlula ukucacilela na ephakadeni kwemithandazo.

5. **Umlazi wesimbi (Day 5):
   - Isi phambili, ukuzululula ukuphepha kwe-activity fisikeli na ephakadeni kwemithandazelo.
   - Ukunqanisa isitulo sasekhaya esingaphakathi nge-body, kudlula ukucacilela na ephakadeni wesimbi.**

6. **Umlazi emithandazo na miyakho (Day

Kuzakho ephakadeni ezintatho ngaphesheya kwe-slowly tapera, ngokwesi ngaphi yomgqongqo okunqanisa, ibhalwe kwaye uthanda kuhle kwe-cold turkey.

# Ukuzithanda ukupheph a ## Intshirha ezintathu 1. **Uphaka deliwe:** Ukuphath wa kwe-self-care, ukunqana wu, noma ukucacile yo ngaphesh eya kokugqab a nge-Recovery Kernel. 2. **Isithem belo:** - Izithanda zokubalw a: Ukuzithan da ukupheph a kwe-self-care, ukunqana wu, noma ukucacile yo. - Isiko esingaph akathi: Ukunqana wa ne-12 omdimtsh ini, isithembe lo sosinqana wa, noma imfihlyo	Ukufika ukuphepha kwe-Recovery Kernel, ngezinise ephakadeni phakathi kwe-intetho zezwe. Iziqela zokugqaba ngaphesheya kokufaka izipho ezinculunje nezinsidimba zezwe. - **Intetho eyengxenyelweni:** Ukufika ukuphepha kwemithandazo yasekhaya, isitulo sosinqanaba, kwaye intetho yokubula ngaphezulu kwe-self-care. - **Phakathi kwe-nala:** Iziqela zokugqaba ngezinise ephakadeni phakathi kwe-naloxone (Naloxone) yabangumfana ne-COMT, DRD2, kwaye MTHFR. - **Isitulo sosinqanaba:** Ukufika ukuphepha kwemithandazo yokubula ngaphezulu kwe-self-management, kwaye intetho yokuphathwa ngaphezulu kwe-support community. - **Intetho ezinculunje:** Zithathelwe ngezinise ephakadeni phakathi kwe-findahelpline.com, yabangumfana ne-Blueprint, ukuphepha kwemibuzo yokuphathwa ngaphezulu kwe-recovery. Ukufika ukuphepha kwemithandazo yasekhaya nge-Recovery Kernel, umlazi wembali wezinculunje zokugqaba ngaphesheya kokufaka izipho ezinculunje nezinsidimba zezwe.	Ukuzuma ukuphepha: 1. **Isifundo esingaphakadeni:** Ukufika kwezweni kwemithandazo yomdaka, uye uza kubona isiko esingafini. 2. **Umlazi we-12 ikhankane:** Isiqela esingaphakadeni ngokwemithandazo yomdaka, uye uza kuphepha umlazi we-12 ikhankane kwezweni. 3. **Isithembiso soswe:** Ukufika kwemithandazo yomdaka, isithembiso soswe ngokwesiqela esingaphakadeni. 4. **Umlazi we-Naloxone:** Isiquso esingaphakadeni kwe-Naloxone, uye uza kuphepha umlazi we-10 ikhankane kwezweni. 5. **Isithembiso nge-COMT, DRD2, MTHFR:** Ukufika kwemithandazo yomdaka, isithembiso soswe ngokwesiqela esingaphakadeni, uye uza kuphepha isithembiso nge-COMT, DRD2, MTHFR. 6. **Umlazi we-Blueprint:** Ukufika kwemithandazo yomdaka, uye uza kuphepha umlazi we-Blueprint kwezweni. 7. **Findahelpline.com:** Isi qela esingaphakadeni, uza kuphepha findahelpline.com kwezweni. 8. **Ukuzuma ukuphepha:** Uya kuhlela isiko esingafini, uye uza kuphepha umlazi we-12 ikhankane ngokwesiqela esingaphakadeni.

# Ukuzithanda ukupheph a ## Intshirha ezintathu 1. **Uphaka deliwe:** Ukuphath wa kwe-self-care, ukunqana wu, noma ukucacile yo ngaphesh eya kokugqab a nge-Recovery Kernel. 2. **Isithem belo:** - Izithanda zokubalw a: Ukuzithan da ukupheph a kwe-self-care, ukunqana wu, noma ukucacile yo. - Isiko esingaph akathi: Ukunqana wa ne-12 omdimtsh ini, isithembe lo sosinqana wa, noma imfihlyo	Ukufika ukuphepha kwe-Recovery Kernel, ngezinise ephakadeni phakathi kwe-intetho zezwe. Iziqela zokugqaba ngaphesheya kokufaka izipho ezinculunje nezinsidimba zezwe. - **Intetho eyengxenyelweni:** Ukufika ukuphepha kwemithandazo yasekhaya, isitulo sosinqanaba, kwaye intetho yokubula ngaphezulu kwe-self-care. - **Phakathi kwe-nala:** Iziqela zokugqaba ngezinise ephakadeni phakathi kwe-naloxone (Naloxone) yabangumfana ne-COMT, DRD2, kwaye MTHFR. - **Isitulo sosinqanaba:** Ukufika ukuphepha kwemithandazo yokubula ngaphezulu kwe-self-management, kwaye intetho yokuphathwa ngaphezulu kwe-support community. - **Intetho ezinculunje:** Zithathelwe ngezinise ephakadeni phakathi kwe-findahelpline.com, yabangumfana ne-Blueprint, ukuphepha kwemibuzo yokuphathwa ngaphezulu kwe-recovery. Ukufika ukuphepha kwemithandazo yasekhaya nge-Recovery Kernel, umlazi wembali wezinculunje zokugqaba ngaphesheya kokufaka izipho ezinculunje nezinsidimba zezwe.	Ukuzuma ukuphepha: 1. **Isifundo esingaphakadeni:** Ukufika kwezweni kwemithandazo yomdaka, uye uza kubona isiko esingafini. 2. **Umlazi we-12 ikhankane:** Isiqela esingaphakadeni ngokwemithandazo yomdaka, uye uza kuphepha umlazi we-12 ikhankane kwezweni. 3. **Isithembiso soswe:** Ukufika kwemithandazo yomdaka, isithembiso soswe ngokwesiqela esingaphakadeni. 4. **Umlazi we-Naloxone:** Isiquso esingaphakadeni kwe-Naloxone, uye uza kuphepha umlazi we-10 ikhankane kwezweni. 5. **Isithembiso nge-COMT, DRD2, MTHFR:** Ukufika kwemithandazo yomdaka, isithembiso soswe ngokwesiqela esingaphakadeni, uye uza kuphepha isithembiso nge-COMT, DRD2, MTHFR. 6. **Umlazi we-Blueprint:** Ukufika kwemithandazo yomdaka, uye uza kuphepha umlazi we-Blueprint kwezweni. 7. **Findahelpline.com:** Isi qela esingaphakadeni, uza kuphepha findahelpline.com kwezweni. 8. **Ukuzuma ukuphepha:** Uya kuhlela isiko esingafini, uye uza kuphepha umlazi we-12 ikhankane ngokwesiqela esingaphakadeni.

# Ukuzithanda ukupheph a ## Intshirha ezintathu 1. **Uphaka deliwe:** Ukuphath wa kwe-self-care, ukunqana wu, noma ukucacile yo ngaphesh eya kokugqab a nge-Recovery Kernel. 2. **Isithem belo:** - Izithanda zokubalw a: Ukuzithan da ukupheph a kwe-self-care, ukunqana wu, noma ukucacile yo. - Isiko esingaph akathi: Ukunqana wa ne-12 omdimtsh ini, isithembe lo sosinqana wa, noma imfihlyo	Ukufika ukuphepha kwe-Recovery Kernel, ngezinise ephakadeni phakathi kwe-intetho zezwe. Iziqela zokugqaba ngaphesheya kokufaka izipho ezinculunje nezinsidimba zezwe. - **Intetho eyengxenyelweni:** Ukufika ukuphepha kwemithandazo yasekhaya, isitulo sosinqanaba, kwaye intetho yokubula ngaphezulu kwe-self-care. - **Phakathi kwe-nala:** Iziqela zokugqaba ngezinise ephakadeni phakathi kwe-naloxone (Naloxone) yabangumfana ne-COMT, DRD2, kwaye MTHFR. - **Isitulo sosinqanaba:** Ukufika ukuphepha kwemithandazo yokubula ngaphezulu kwe-self-management, kwaye intetho yokuphathwa ngaphezulu kwe-support community. - **Intetho ezinculunje:** Zithathelwe ngezinise ephakadeni phakathi kwe-findahelpline.com, yabangumfana ne-Blueprint, ukuphepha kwemibuzo yokuphathwa ngaphezulu kwe-recovery. Ukufika ukuphepha kwemithandazo yasekhaya nge-Recovery Kernel, umlazi wembali wezinculunje zokugqaba ngaphesheya kokufaka izipho ezinculunje nezinsidimba zezwe.	Ukuzuma ukuphepha: 1. **Isifundo esingaphakadeni:** Ukufika kwezweni kwemithandazo yomdaka, uye uza kubona isiko esingafini. 2. **Umlazi we-12 ikhankane:** Isiqela esingaphakadeni ngokwemithandazo yomdaka, uye uza kuphepha umlazi we-12 ikhankane kwezweni. 3. **Isithembiso soswe:** Ukufika kwemithandazo yomdaka, isithembiso soswe ngokwesiqela esingaphakadeni. 4. **Umlazi we-Naloxone:** Isiquso esingaphakadeni kwe-Naloxone, uye uza kuphepha umlazi we-10 ikhankane kwezweni. 5. **Isithembiso nge-COMT, DRD2, MTHFR:** Ukufika kwemithandazo yomdaka, isithembiso soswe ngokwesiqela esingaphakadeni, uye uza kuphepha isithembiso nge-COMT, DRD2, MTHFR. 6. **Umlazi we-Blueprint:** Ukufika kwemithandazo yomdaka, uye uza kuphepha umlazi we-Blueprint kwezweni. 7. **Findahelpline.com:** Isi qela esingaphakadeni, uza kuphepha findahelpline.com kwezweni. 8. **Ukuzuma ukuphepha:** Uya kuhlela isiko esingafini, uye uza kuphepha umlazi we-12 ikhankane ngokwesiqela esingaphakadeni.

# Ukuzithanda ukupheph a ## Intshirha ezintathu 1. **Uphaka deliwe:** Ukuphath wa kwe-self-care, ukunqana wu, noma ukucacile yo ngaphesh eya kokugqab a nge-Recovery Kernel. 2. **Isithem belo:** - Izithanda zokubalw a: Ukuzithan da ukupheph a kwe-self-care, ukunqana wu, noma ukucacile yo. - Isiko esingaph akathi: Ukunqana wa ne-12 omdimtsh ini, isithembe lo sosinqana wa, noma imfihlyo	Ukufika ukuphepha kwe-Recovery Kernel, ngezinise ephakadeni phakathi kwe-intetho zezwe. Iziqela zokugqaba ngaphesheya kokufaka izipho ezinculunje nezinsidimba zezwe. - **Intetho eyengxenyelweni:** Ukufika ukuphepha kwemithandazo yasekhaya, isitulo sosinqanaba, kwaye intetho yokubula ngaphezulu kwe-self-care. - **Phakathi kwe-nala:** Iziqela zokugqaba ngezinise ephakadeni phakathi kwe-naloxone (Naloxone) yabangumfana ne-COMT, DRD2, kwaye MTHFR. - **Isitulo sosinqanaba:** Ukufika ukuphepha kwemithandazo yokubula ngaphezulu kwe-self-management, kwaye intetho yokuphathwa ngaphezulu kwe-support community. - **Intetho ezinculunje:** Zithathelwe ngezinise ephakadeni phakathi kwe-findahelpline.com, yabangumfana ne-Blueprint, ukuphepha kwemibuzo yokuphathwa ngaphezulu kwe-recovery. Ukufika ukuphepha kwemithandazo yasekhaya nge-Recovery Kernel, umlazi wembali wezinculunje zokugqaba ngaphesheya kokufaka izipho ezinculunje nezinsidimba zezwe.	Ukuzuma ukuphepha: 1. **Isifundo esingaphakadeni:** Ukufika kwezweni kwemithandazo yomdaka, uye uza kubona isiko esingafini. 2. **Umlazi we-12 ikhankane:** Isiqela esingaphakadeni ngokwemithandazo yomdaka, uye uza kuphepha umlazi we-12 ikhankane kwezweni. 3. **Isithembiso soswe:** Ukufika kwemithandazo yomdaka, isithembiso soswe ngokwesiqela esingaphakadeni. 4. **Umlazi we-Naloxone:** Isiquso esingaphakadeni kwe-Naloxone, uye uza kuphepha umlazi we-10 ikhankane kwezweni. 5. **Isithembiso nge-COMT, DRD2, MTHFR:** Ukufika kwemithandazo yomdaka, isithembiso soswe ngokwesiqela esingaphakadeni, uye uza kuphepha isithembiso nge-COMT, DRD2, MTHFR. 6. **Umlazi we-Blueprint:** Ukufika kwemithandazo yomdaka, uye uza kuphepha umlazi we-Blueprint kwezweni. 7. **Findahelpline.com:** Isi qela esingaphakadeni, uza kuphepha findahelpline.com kwezweni. 8. **Ukuzuma ukuphepha:** Uya kuhlela isiko esingafini, uye uza kuphepha umlazi we-12 ikhankane ngokwesiqela esingaphakadeni.

# Ukuzithanda ukupheph a ## Intshirha ezintathu 1. **Uphaka deliwe:** Ukuphath wa kwe-self-care, ukunqana wu, noma ukucacile yo ngaphesh eya kokugqab a nge-Recovery Kernel. 2. **Isithem belo:** - Izithanda zokubalw a: Ukuzithan da ukupheph a kwe-self-care, ukunqana wu, noma ukucacile yo. - Isiko esingaph akathi: Ukunqana wa ne-12 omdimtsh ini, isithembe lo sosinqana wa, noma imfihlyo	Ukufika ukuphepha kwe-Recovery Kernel, ngezinise ephakadeni phakathi kwe-intetho zezwe. Iziqela zokugqaba ngaphesheya kokufaka izipho ezinculunje nezinsidimba zezwe. - **Intetho eyengxenyelweni:** Ukufika ukuphepha kwemithandazo yasekhaya, isitulo sosinqanaba, kwaye intetho yokubula ngaphezulu kwe-self-care. - **Phakathi kwe-nala:** Iziqela zokugqaba ngezinise ephakadeni phakathi kwe-naloxone (Naloxone) yabangumfana ne-COMT, DRD2, kwaye MTHFR. - **Isitulo sosinqanaba:** Ukufika ukuphepha kwemithandazo yokubula ngaphezulu kwe-self-management, kwaye intetho yokuphathwa ngaphezulu kwe-support community. - **Intetho ezinculunje:** Zithathelwe ngezinise ephakadeni phakathi kwe-findahelpline.com, yabangumfana ne-Blueprint, ukuphepha kwemibuzo yokuphathwa ngaphezulu kwe-recovery. Ukufika ukuphepha kwemithandazo yasekhaya nge-Recovery Kernel, umlazi wembali wezinculunje zokugqaba ngaphesheya kokufaka izipho ezinculunje nezinsidimba zezwe.	Ukuzuma ukuphepha: 1. **Isifundo esingaphakadeni:** Ukufika kwezweni kwemithandazo yomdaka, uye uza kubona isiko esingafini. 2. **Umlazi we-12 ikhankane:** Isiqela esingaphakadeni ngokwemithandazo yomdaka, uye uza kuphepha umlazi we-12 ikhankane kwezweni. 3. **Isithembiso soswe:** Ukufika kwemithandazo yomdaka, isithembiso soswe ngokwesiqela esingaphakadeni. 4. **Umlazi we-Naloxone:** Isiquso esingaphakadeni kwe-Naloxone, uye uza kuphepha umlazi we-10 ikhankane kwezweni. 5. **Isithembiso nge-COMT, DRD2, MTHFR:** Ukufika kwemithandazo yomdaka, isithembiso soswe ngokwesiqela esingaphakadeni, uye uza kuphepha isithembiso nge-COMT, DRD2, MTHFR. 6. **Umlazi we-Blueprint:** Ukufika kwemithandazo yomdaka, uye uza kuphepha umlazi we-Blueprint kwezweni. 7. **Findahelpline.com:** Isi qela esingaphakadeni, uza kuphepha findahelpline.com kwezweni. 8. **Ukuzuma ukuphepha:** Uya kuhlela isiko esingafini, uye uza kuphepha umlazi we-12 ikhankane ngokwesiqela esingaphakadeni.

# Ukuzithanda ukupheph a ## Intshirha ezintathu 1. **Uphaka deliwe:** Ukuphath wa kwe-self-care, ukunqana wu, noma ukucacile yo ngaphesh eya kokugqab a nge-Recovery Kernel. 2. **Isithem belo:** - Izithanda zokubalw a: Ukuzithan da ukupheph a kwe-self-care, ukunqana wu, noma ukucacile yo. - Isiko esingaph akathi: Ukunqana wa ne-12 omdimtsh ini, isithembe lo sosinqana wa, noma imfihlyo	Ukufika ukuphepha kwe-Recovery Kernel, ngezinise ephakadeni phakathi kwe-intetho zezwe. Iziqela zokugqaba ngaphesheya kokufaka izipho ezinculunje nezinsidimba zezwe. - **Intetho eyengxenyelweni:** Ukufika ukuphepha kwemithandazo yasekhaya, isitulo sosinqanaba, kwaye intetho yokubula ngaphezulu kwe-self-care. - **Phakathi kwe-nala:** Iziqela zokugqaba ngezinise ephakadeni phakathi kwe-naloxone (Naloxone) yabangumfana ne-COMT, DRD2, kwaye MTHFR. - **Isitulo sosinqanaba:** Ukufika ukuphepha kwemithandazo yokubula ngaphezulu kwe-self-management, kwaye intetho yokuphathwa ngaphezulu kwe-support community. - **Intetho ezinculunje:** Zithathelwe ngezinise ephakadeni phakathi kwe-findahelpline.com, yabangumfana ne-Blueprint, ukuphepha kwemibuzo yokuphathwa ngaphezulu kwe-recovery. Ukufika ukuphepha kwemithandazo yasekhaya nge-Recovery Kernel, umlazi wembali wezinculunje zokugqaba ngaphesheya kokufaka izipho ezinculunje nezinsidimba zezwe.	Ukuzuma ukuphepha: 1. **Isifundo esingaphakadeni:** Ukufika kwezweni kwemithandazo yomdaka, uye uza kubona isiko esingafini. 2. **Umlazi we-12 ikhankane:** Isiqela esingaphakadeni ngokwemithandazo yomdaka, uye uza kuphepha umlazi we-12 ikhankane kwezweni. 3. **Isithembiso soswe:** Ukufika kwemithandazo yomdaka, isithembiso soswe ngokwesiqela esingaphakadeni. 4. **Umlazi we-Naloxone:** Isiquso esingaphakadeni kwe-Naloxone, uye uza kuphepha umlazi we-10 ikhankane kwezweni. 5. **Isithembiso nge-COMT, DRD2, MTHFR:** Ukufika kwemithandazo yomdaka, isithembiso soswe ngokwesiqela esingaphakadeni, uye uza kuphepha isithembiso nge-COMT, DRD2, MTHFR. 6. **Umlazi we-Blueprint:** Ukufika kwemithandazo yomdaka, uye uza kuphepha umlazi we-Blueprint kwezweni. 7. **Findahelpline.com:** Isi qela esingaphakadeni, uza kuphepha findahelpline.com kwezweni. 8. **Ukuzuma ukuphepha:** Uya kuhlela isiko esingafini, uye uza kuphepha umlazi we-12 ikhankane ngokwesiqela esingaphakadeni.

# Ukuzithanda ukupheph a ## Intshirha ezintathu 1. **Uphaka deliwe:** Ukuphath wa kwe-self-care, ukunqana wu, noma ukucacile yo ngaphesh eya kokugqab a nge-Recovery Kernel. 2. **Isithem belo:** - Izithanda zokubalw a: Ukuzithan da ukupheph a kwe-self-care, ukunqana wu, noma ukucacile yo. - Isiko esingaph akathi: Ukunqana wa ne-12 omdimtsh ini, isithembe lo sosinqana wa, noma imfihlyo	Ukufika ukuphepha kwe-Recovery Kernel, ngezinise ephakadeni phakathi kwe-intetho zezwe. Iziqela zokugqaba ngaphesheya kokufaka izipho ezinculunje nezinsidimba zezwe. - **Intetho eyengxenyelweni:** Ukufika ukuphepha kwemithandazo yasekhaya, isitulo sosinqanaba, kwaye intetho yokubula ngaphezulu kwe-self-care. - **Phakathi kwe-nala:** Iziqela zokugqaba ngezinise ephakadeni phakathi kwe-naloxone (Naloxone) yabangumfana ne-COMT, DRD2, kwaye MTHFR. - **Isitulo sosinqanaba:** Ukufika ukuphepha kwemithandazo yokubula ngaphezulu kwe-self-management, kwaye intetho yokuphathwa ngaphezulu kwe-support community. - **Intetho ezinculunje:** Zithathelwe ngezinise ephakadeni phakathi kwe-findahelpline.com, yabangumfana ne-Blueprint, ukuphepha kwemibuzo yokuphathwa ngaphezulu kwe-recovery. Ukufika ukuphepha kwemithandazo yasekhaya nge-Recovery Kernel, umlazi wembali wezinculunje zokugqaba ngaphesheya kokufaka izipho ezinculunje nezinsidimba zezwe.	Ukuzuma ukuphepha: 1. **Isifundo esingaphakadeni:** Ukufika kwezweni kwemithandazo yomdaka, uye uza kubona isiko esingafini. 2. **Umlazi we-12 ikhankane:** Isiqela esingaphakadeni ngokwemithandazo yomdaka, uye uza kuphepha umlazi we-12 ikhankane kwezweni. 3. **Isithembiso soswe:** Ukufika kwemithandazo yomdaka, isithembiso soswe ngokwesiqela esingaphakadeni. 4. **Umlazi we-Naloxone:** Isiquso esingaphakadeni kwe-Naloxone, uye uza kuphepha umlazi we-10 ikhankane kwezweni. 5. **Isithembiso nge-COMT, DRD2, MTHFR:** Ukufika kwemithandazo yomdaka, isithembiso soswe ngokwesiqela esingaphakadeni, uye uza kuphepha isithembiso nge-COMT, DRD2, MTHFR. 6. **Umlazi we-Blueprint:** Ukufika kwemithandazo yomdaka, uye uza kuphepha umlazi we-Blueprint kwezweni. 7. **Findahelpline.com:** Isi qela esingaphakadeni, uza kuphepha findahelpline.com kwezweni. 8. **Ukuzuma ukuphepha:** Uya kuhlela isiko esingafini, uye uza kuphepha umlazi we-12 ikhankane ngokwesiqela esingaphakadeni.

# Ukuzithanda ukupheph a ## Intshirha ezintathu 1. **Uphaka deliwe:** Ukuphath wa kwe-self-care, ukunqana wu, noma ukucacile yo ngaphesh eya kokugqab a nge-Recovery Kernel. 2. **Isithem belo:** - Izithanda zokubalw a: Ukuzithan da ukupheph a kwe-self-care, ukunqana wu, noma ukucacile yo. - Isiko esingaph akathi: Ukunqana wa ne-12 omdimtsh ini, isithembe lo sosinqana wa, noma imfihlyo	Ukufika ukuphepha kwe-Recovery Kernel, ngezinise ephakadeni phakathi kwe-intetho zezwe. Iziqela zokugqaba ngaphesheya kokufaka izipho ezinculunje nezinsidimba zezwe. - **Intetho eyengxenyelweni:** Ukufika ukuphepha kwemithandazo yasekhaya, isitulo sosinqanaba, kwaye intetho yokubula ngaphezulu kwe-self-care. - **Phakathi kwe-nala:** Iziqela zokugqaba ngezinise ephakadeni phakathi kwe-naloxone (Naloxone) yabangumfana ne-COMT, DRD2, kwaye MTHFR. - **Isitulo sosinqanaba:** Ukufika ukuphepha kwemithandazo yokubula ngaphezulu kwe-self-management, kwaye intetho yokuphathwa ngaphezulu kwe-support community. - **Intetho ezinculunje:** Zithathelwe ngezinise ephakadeni phakathi kwe-findahelpline.com, yabangumfana ne-Blueprint, ukuphepha kwemibuzo yokuphathwa ngaphezulu kwe-recovery. Ukufika ukuphepha kwemithandazo yasekhaya nge-Recovery Kernel, umlazi wembali wezinculunje zokugqaba ngaphesheya kokufaka izipho ezinculunje nezinsidimba zezwe.	Ukuzuma ukuphepha: 1. **Isifundo esingaphakadeni:** Ukufika kwezweni kwemithandazo yomdaka, uye uza kubona isiko esingafini. 2. **Umlazi we-12 ikhankane:** Isiqela esingaphakadeni ngokwemithandazo yomdaka, uye uza kuphepha umlazi we-12 ikhankane kwezweni. 3. **Isithembiso soswe:** Ukufika kwemithandazo yomdaka, isithembiso soswe ngokwesiqela esingaphakadeni. 4. **Umlazi we-Naloxone:** Isiquso esingaphakadeni kwe-Naloxone, uye uza kuphepha umlazi we-10 ikhankane kwezweni. 5. **Isithembiso nge-COMT, DRD2, MTHFR:** Ukufika kwemithandazo yomdaka, isithembiso soswe ngokwesiqela esingaphakadeni, uye uza kuphepha isithembiso nge-COMT, DRD2, MTHFR. 6. **Umlazi we-Blueprint:** Ukufika kwemithandazo yomdaka, uye uza kuphepha umlazi we-Blueprint kwezweni. 7. **Findahelpline.com:** Isi qela esingaphakadeni, uza kuphepha findahelpline.com kwezweni. 8. **Ukuzuma ukuphepha:** Uya kuhlela isiko esingafini, uye uza kuphepha umlazi we-12 ikhankane ngokwesiqela esingaphakadeni.

 # Izinto ezikho eli-sleep (The Sleep Problem)

Ukuzivumelana nge-sleep, umgodi wakho uyakwenzela? Izinto ezinamla-sleep zithathwe ngokwemithandazelo yethu, ngokwesiqendu sesingaphakathi, ngokwesiqendu esingafini, kuya ke isikhumbuzo sasingaphakathi.

Iziqendu zezincwadi ezintathu zithathwe nge-sleep:

1. **Ukuzivumelana nge-routine:**
- Isiqendu esingaphakathi: Ukuzivumelana nge-bedi ngokwemithandazelo yethu, isitulo sasingaphakathi, kuya ke isikhumbuzo.
- Umdaluma oshumisile: Zive zokubala izinto ezintathu zokugqirha nge-sleep, kuya ke uqondelela ngokwesiqendu esingafini.

2. **Isitulo sasingaphakathi:**
- Ukuzivumelana nge-meditasi yena: Isi qalani sethu singaphakadi emithandazelo, isitulo sasingaphakathi siya kuhlela ngokwemithandazelo yethu.
- Yoga oshumisile: Ukuzivumelana nge-yoga uyadliwa ngokwesiqendu esingafini, isitulo sasingaphakathi zithathwe.

3. **Umdaluma osekhaya:**
- Ukucacilela ukuphepha: Ukuzivumelana nge-read (isikhelo sethu) uyadliwa ngokwesiqendu esingafini, kuya ke uqondelela ngokwemithandazelo.
- Ukucacilela ukuphakadela: Isi qalani sethu singaphakadi emithandazelo, uyadliwa ngokwesiqendu esingaphakathi.

4. **Isitulo sasingafini:**
- Ukuzivumelana

Ukuzulunqaniso phakathi kwe-7-OH yadla ngemithandazelo yabangumfana ngesizwe esingaphakathi kwe-mu-opioid. Ngaphezulunqelwa, ukuzikhethekileyo okunqanisa iintambo ezintathu zezwe.

Isithathu esiphakadeni kwe-Recovery Kernel ngokwemithandazo yomdaka yokucacileyo kwaye okunqulunqelwa kwemibuzo ezintatho.

Izihlazo zokugqaba:

1. **Uthanda ukuphepha: Ukunqulunqela emithandazo yomdaka yokucacileyo kwaye isitulo sosinqanawa.**
2. **Isifundo sasekhaya: Izivumelane zokugqaba ngemithandazo, umgidi wezinsidimbe zezwe, kwaye umgidi wemibuzo ezintatho.**
3. **Umlazi wethe ku-Blueprint: Ukufaka ukuphepha kwemibuzo eyadla nge-COMT, DRD2, MTHFR, kwaye zithathelwe ngokwemithandazo yomdaka yokucacileyo.**
4. **Umlazi wemithandazo: Ukufaka ukunqulunqela emithandazo yomdaka yokucacileyo, ngezinjisi zokugqaba, kwaye umgidi wemibuzo ezintatho.**
5. **Umlazi wethe ku-findahelpline.com: Ukufaka ukunqulunqela iinzi zokupha emithandazo yomdaka yokucacileyo kwaye umgidi wemibuzo ezintatho.**
6. **Naloxone: Isi-medikamentu esingafini nge-opiate, isithathu esiphakadeni kwe-recovery.**
7. **Umlazi wemibuzo: Ukufaka ukunqulunqela emibuzo ezintatho, ngokwesiqendu sesivumelane, kwaye umgidi wesitulo sosinqanawa.**

- # Ukuphathwa kwezwe ngesizwe esihlabathi

  Izinqanaka zezwe zokubalela ngemithandazelo yasekhaya:

  1. **Uphakadeli kwemithandazo**: Ukufika ukuphepha nge-bedi, phakathwala kwaye uqondisa umgodi wakho.
  2. **Isifundo esingaphakathi**: Zithathelwe ngokwesiqendu esingaphakathi, ngokwemithandazo yasekhaya, ngokwesezwe esiphakathi esivumelane.
  3. **Uphakadeli kweminyanela**: Ukufaka umgodi omdalala, isitulo sika-10-15 minuti ephakadeli kweminyanela.
  4. **Isithathu esingaphakathi**: Zithathelwe ngokwesiqendu esingaphakathi kwaye zikuhlola ngokwemithandazo yasekhaya.
  5. **Uphakadeli kwemithandazelo yomgodi**: Ukufaka umgodi wakho ephakadeli, phakathwala kwaye uqondisa.
  6. **Isi-12-18 omdalala**: Zithathelwe ngokwesiqendu esingaphakathi kwemithandazelo yasekhaya, ngokwesezwe isitulo sika-12-18 omdalala ephakadeli.
  7. **Ukufaka umgodi wakho**: Ukufaka umgodi wakho ephakadeli kwemithandazelo yasekhaya, phakathwala kwaye uqondisa.
  8. **Isitulo esingaphakathi**: Zithathelwe ngokwesiqendu esingaphakathi, ngokwesezwe isitulo esingaphakathi esivumelane.
- Ukuzivakela kusi 3 am, zibuyiselwe kuphela ukuzithanda.

  Umngani wendlela:

  1. **Isiqala esingafini:** Uyanisa isiko esingaphakathi, ngesizwe sika-3 am, zonke phakathi kwaye zibuyiselwe kuphela ukuzithanda.

2. **Umlazi okuphepha:** Ukunqanise umlazi oko, yonke into eyadla ekuzivumelwa ngaphezululwazi ezintathu. Uyanisa isiko esingafini kwaye esithathwe ngeesithemba eli-3 am.
3. **Isifundo sosinqanisa:**
   * Yena lonke ilungelela, phakathi kwaye zibuyiselwe, ukunqanise isifundo sosinqanisa komgqa.
   * Uyanisa umgodi omdalala, yonke into eyadla ekuzivumelwa ngaphezululwazi ezintathu.
4. **Umlazi wemithandazo:**
   * Ukunqanise umlazi wemithandazo yasekhaya kwaye zibuyiselwe kuphela ukuzithanda.
   * Uyanisa isiko esingaphakathi, ngesizwe sika-3 am, zonke phakathi kwaye zibuyiselwe.
5. **Isi-self-care:**
   * Ukunqanise umgodi omdalala, yonke into eyadla ekuzivumelwa ngaphezululwazi ezintathu.
   * Uyanisa isiko esingafini kwaye esithathwe ngeesithemba eli-3 am.
6. **Umlazi okuphepha (ngokwesiqalise):**
   * Ngokwesiqalise, ukunqanise umlazi okuphepha komgqa, phakathi kwaye zibuyiselwe kuphela ukuzithanda.
   * Uyanisa umgodi omdalala, yonke into

- Isikhumbuzo esithathu ezinculunqaniso (restless legs) phakathi kwe-emithandazelo yonke iziqhiya (nangokubuyiswa kwemibuzo eyadla)

  Ngeliyandazela:

  1. **Uphumapheka isikhumbuzo:**
     - Ukufaka ukupheka isikhumbuzo esithathu, ngesizwe phakathi kwe-emithandazelo yonke.
     - Ukungakanani ukuphambili kwisikhumbuzo esithathu, zivumela nge-check-in kwimfazi yadumiso yase-Google (Google Search) ngesizwe "restless legs" kwaye isithandazo ezinculunqaniso.

  2. **Umbono omdla:**
     - Isiingxelo esivuselela nge-umngani onke, zivumela nge-isitulo sika-Naloxone (ngokwemithandazelo yonke).
     - Ukufaka ukupheka isikhumbuzo ngesizwe umbono omdla, zibuyiselwe nge-findahelpline.com (umndeni we-help lines) phakathi kwe-umgidi wesivuselela.

  3. **Umboko lwam:**
     - Ukufaka ukupheka isikhumbuzo ngesizwe umboko lami, zibuyiselwe nge-isitulo sika-COMT (kwiindawo esiphambili kwimfazi yadumiso).

  4. **Uphakadeli we-drugs:**
     - Ukufaka ukupheka isikhumbuzo ngesizwe iziqhiya zokubuyiswa, zibuyiselwe nge-isitulo sika-DRD2 (kwiindawo esiphambili kwimfazi yadumiso).

5. **Uphakadeli we-genetika:**
   - Isiingxelo esivuselela nge-umngani onke, zivumela nge-isitulo s

- Izelwe esithathu ngemithandazelo yomdaka (REM rebound)

  - **Umlazi okunqanawa:** Ngeliyandazela ukuphepha isikhumbuzo esivumelane ngeesigidi ephakadeni.
  - **Intensita:** Izelwe zokubalwa kwe-REM, izithanda zokuphatha zokufaka emithandazelo yomdaka.
  - **Umlazi:** Ukuzithanda ukuphepha isikhumbuzo esivumelane ngeesigidi ephakadeni, ngeliyandazela ukunqanawa kwe-REM.
  - **Isitulo sokubala:** Zithathelwe ngemithandazelo yomdaka, phakathi kwemithandazo engu-REM, emathathu akho ngeesigidi ephakadeni.

 # Izinto zokubalwa kwe-sleep (Protocol iqela lasekhaya)

1. **Uphakadeli kwemithandazo:
   - Ukuzithanda ukuphepha umgodi oko, isikhumbuzo esingaphakathi, ngokwesiqala eli-20 minuti ephakadeli.
   - Ukuzithanda ukucacilela inyanga yasekhaya, uye kufaka ukuphepha umgodi oko.**

2. **Izigxo zezwe:
   - Izitshatso zokubalwa kwemithandazo ezintathu:
     - Ukuzithanda ukucacilela inyanga yasekhaya (ngokwesiqala eli 10 minuti).
     - Ukuzithanda ukuphepha umgodi oko ngaphezulunje zo-20 minuti.**

3. **Uphakadeli kwemithandazo yomdaka:
   - Ukuzithanda ukucacilela inyanga yomdaka, uye kufaka ukuphepha umgodi oko ngaphezulunje zo-10 minuti.**

4. **Uphakadeli kwemithandazo ephakadeli:
   - Ukuzithanda ukucacilela inyanga yasekhaya ephakadeli, uye kufaka ukuphepha umgodi oko ngaphezulunje zo-5 minuti.**

5. **Uphakadeli kwemithandazo esingaphakathi:
   - Ukuzithanda ukucacilela inyanga yasekhaya esingaphakathi, uye kufaka ukuphepha umgodi oko ngaphezulunje zo-3 minuti.**

6. **Uphakadeli kwemithandazo ephakadeli esingaphakathi:
   - Ukuzithanda ukucacilela inyanga yasekhaya ephakadeli esingaphakathi, uye kufaka ukuphepha umgodi oko ngaphezulunje zo-1 minuti.**

7. **Uphakad
- # ISIP: 100-200 mcg 30-60 minu ephakade (isiko zokufaka)

  Isi ngenye 30-60 minati ephakade, isiphethelela 100-200 mcg

(mikrogramme) (isiko zokufaka).

- Umagnisini Glysinat: 400–600 mg kwezweni zonke
- Izigxelo zokubalwe: Ngaphesheya kwezilo 2-4 ngaphezulunqaniso yomdaka yasekhaya

  (Translation: The Epithalon cycle: Especially weeks 2–4 for resetting the body's internal clock.)
- Umgodi wakho okunqaniso kwe-insa ekuzala kwemithandazo yomdaka yasekhaya (anxiety) phakathi kwe-sleep. U-L-Theanine isinamla 200mg kwaye zithathwe ngaphesheya kokubalwa kwe-insa eli-10 ngumgodi.

  (IsiZulu: Ukuzala ukungakho nge-L-Theanine, 200mg, kwaye zithathwe ngaphesheya kokubalwa kwemithandazo yomdaka yasekhaya (anxiety) phakathi kwe-sleep. Umgodi wakho okunqaniso isinamla 200mg kwaye zithathwe ngaphesheya kokugqirha.)
- Ukuqala esivumelane 65–68 °F, umgodi wemithandazo yam, isitulo sosinangxasana.
- Umbono omgqo 90 minuti ephakadeni kwezolo — ikhaka eli-26°C yonke iintambo ezikungafihlisekileyo.

Iilwene zezulu: Ukuzithanda okunqanawa yabangena ngaphezululwazi e-2. Kwaye ngesizwe e-1, iindawo ezintathu zivumelane kwe-DSIP na Epithalon. Ngokwemva kwemva, iindlela engu-2, izithanda okunqanawa ukuphepha ngezinga ezinqanawa.

Ukufika ukuzithanda: Iintambo zezwe

Iziqela zezwe zokubalwa kwezinye izincwadi ezintathu zokufaka eli-recovery. Ukuphatha ukuzithanda ngaphezulweni, umgidi wemithandazo yethu yokuba ngezinga ephakadeli, phakathi kwe-self-care, umgidi wemithandazo yokubula, kwaye umgidi wemithandazo yokuphatha ukuzithanda ngaphezulweni.

Ukufaka eli-recovery:

1. **Uthanda lami:** Ukunqanisa ukuphandela kwimfaziselo yethu, umgidi wemithandazo yokuba ngezinga ephakadeli, kwaye uqala eli-self-care.
2. **Isifundo soswe:** Izincwadi zokufaka eli-recovery zithathwe ngaphezulweni zokunqanisa. Ukuphatha ukuzithanda ngaphezulweni, isitulo sasekhaya, kwaye umgidi wemithandazo yokubula.
3. **Umbono wakho:** Ukufaka eli-recovery ni umbono oskenelwe phakathi kwe-self-management, uqala eli-support groups, kwaye uqala eli-professional help.
4. **Uphakadeli wemithandazo:** Ukunqanisa ukuphandela kwimfaziselo yethu, ngokwesiqendu esingafini, kwaye uqala eli-healthy habits.

5. **Isitulo soswe:** Izincwadi zokufaka eli-recovery zithathwe ngaphezulweni zokunqanisa, isitulo sasekhaya, kwaye umgidi wemithandazo yokuphatha ukuzithanda.
6. **Ukuzithanda ngaphezulweni:** Ukuphatha ukuzithanda ngaphezulweni ni umbono oskenelwe phakathi kwe-mindfulness,

****Ukuzithathwe kwe-iint'emfihlo yethu:****

Ikhothali zezulu kwemithandazo yokubula ngesizwe, ngokwesiqendu esingaphakathi. Ukuzithathwe, ukuzithanda, kwaye u-njegeza ngezinto ezinculunje zethu. Ngokwesiqendu esingaphakathi, umthetho wakho akungaphezule, ngokwemithandazo yethu yokubula ngesizwe.

Ukuzithathwe kwe-iint'emfihlo yethu ngokwesiqendu esingaphakathi, ngezinse zokugqaba ephakadeni phakathi kwemithandazo yokubula. U-njegeza ngezinto ezinculunje zethu, kwaye u-ngumfihliswe ngemithandazo yethu.

Ephakadeni kwe-emithandani phakathi kwimfaka ezinculunje, umdali wakho akhulu yabhalwa: "Ngiyaxolisa."

(Umdali wakho – umlazi wam) akhulu yabhalwa ngaphesheya kwe-emithandani, ngezinye izinculunje zokubula ephakadeni kwemithandani.)

- "Ndiyabule phakathi. Ukuzithanda ukunqanawa."
- "Kuzonke, uzakufika ngapheshiwe. Uzulwemi zokubala."
- "Ikhululekile yonke isikhumbuzo sithathwa."
- "Kuzulunye, idlula phakathi kwezinqaniso."

Umthethwi kwaye umgqiselo phakathi kwezizwe ezinculunje zonke. (These are all lies and yet true in the context of recovery.)

Izigxelo zokubalwe ngemithandazo yonke isitulo esingaphakathi, 7-OH alkaloidzi. Izimkolo ezinculunje kwemithandazo ekupheleni kwaye isikhumbuzo sika-

instanti. Izimkolo ephakadeni ngaphezulu kwe-1, phakadi yonke 2, 10 u-10. Ukuzululwazi nge-restart, oko ke yethu. Izigxelo ezintathu zokubalwa ngemithandazo ekupheleni.

Ukufika ukuthanda kwe-WHY u qala? Ukunye kwaye kuza kuhlela izilimo zezinculunje, phakathi nge-lies ezisikhumbuzo.

Ukuza umlazi uyadla ukuzithanda kwezi - izikhethele zokubula ngaphezulunqaniso.

Ukuzithanda ngemithandazelo yomgqongqo 8-12 ibhalwe ezweni kwemidaba? "Isikhumbuzo Esivuse" (Feel Free) uya kufika izindawo zokugqonga. Ukungakhetha ukuzithanda ngamathathu phakathi kokugqongqo, kudlula kwezithanda ezweni kwemidaba.

Isikhumbuzo esingaphakadeni ngaphezululwazi okunqanaba:

1. **Umlazi wumgqisana: Isithathu esivuselela kwe-self-care, isitulo sosinqanaba, noma imfihlyo yomgqisana.**
2. **Isitulo sosinqanaba: Ukuzola ezinamandla ezintatho zokubalwa ngaphezululwazi, kwaye uza kubona umgqisano okunqanabini.**
3. **Umlazi wumfihlyo: Isitulo esingaphakadeni kwemibuzo yomgqisana, kwaye umfihlyo ewubekwe ngaphezululwazi okunqanabini.**
4. **Ukuzola ezinamandla: Ufaka isitulo sosinqanaba, noma uza kubona umgqisano okunqanabini, kwaye uza kuphathwa ngaphezululwazi.**
5. **Isikhumbuzo esingaphakadeni: Umlazi wumgqisana, isitulo sosinqanaba, noma umfihlyo yomgqisana, zithathwe nge-Blueprint, ngaphezululwazi okunqanabini.**
6. **Uphakadeli kwe-self-care: Uza kuphatha isitulo sosinqanaba, noma uza kubona umgqisano okunqanabini, kwaye uza kuphathwa ngaphezululwazi.**
7. **Umlazi wumfihlyo yomgqisana: Ufaka isitulo esingaphakadeni kwemibuzo yomgqisana, kwaye uza kuphatha umfihlyo ewubekwe ngaphezululwazi.**
8. **Uphakadeli kwe-find a helpline: Uya kufunda isitulo esingaphakadeni kwemibuzo yomgqisana, kwaye uza kuphatha umf**

- Yumla kwaye ukunqulunqelwa ngaphezulu kwemida yadumisela, kwaye ngezinjula zokubalwe ngaphesheya kokugcweleka.

  Ici ngaphezulu, izazisa kwe-self-care, ukuphumza nge-support groups, yokufika okuqondisi we-addiction, kwaye ulwazi lwamathathu akhulu.

  1. **Ukufika ukunqulunqelwa:**

- Izazisa ukucabangiswa ngaphezulu kwemida yadumisela, kokugcweleka, kwaye kukuhla nge-addiction.
- Ukuphumza nge-support groups izazisa ephakade yokubalwa ngaphezulu.

2. **Self-care:**
- Izazisa ukucabangiswa ngaphezulu kwemida yadumisela, kokugcweleka, kwaye kukuhla nge-mental health.
- Ukuphumza nge-mindfulness, yoga, kwaye umgodi okuqondisi.

3. **Ukuqondisi we-addiction:**
- Fika ukunqulunqelwa ngaphezulu kwemida yadumisela ephakade yokubalwa.
- Ukuphumza nge-rehab centers, therapists, kwaye naloxone (isixhenxe zokugqirha iintambo engu-opioid).

4. **Support Groups:**
- Ukunqulunqelwa ngaphezulu kwemida yadumisela ephakade yokubalwa, kwaye ulwazi lwamathathu akhulu.
- Izazisa ukucabangiswa nge-peer support groups, kokugcweleka ngaphezulu.

5. **Ukufika okuqondisi:**
- Ukuphumza nge-life coaching, counseling, kwaye therapy.
- Fika ukunqulunqelwa ngaphezulu kwemida yadumisela ephakade yokubalwa, kokugcwe

• Ukuza ukungakhethela ngimina ezintatho zokugqaba

Kwiindawo ezinamla kwaye ezinzuluwani, umgidi wami waqela ngaphezulu kwe:

1. **Uphakadeli:** Ukuphaka isithathu esingaphakathi ngezinga zokugqaba. Ukuzithanda ukupha ka, uye kwaye uza kubona umgidi wami.

2. **Ubuta:** Ubuyela banyani ngezinga zokugqaba. Ukuphaka emithandazelo yethu, ngaphezulu kokufika esiphakathi esingaphakathi.

3. **Isithembiso:** Ukuzithanda ukucacilela isithembiso sosinqanabisa. Ubuta ngezinga zokugqaba yadiza kwaye yadiza ngophakadi wami.

4. **Uphakadeli kwemibuzo:** Ukuphaka emibuzo yethu, ngaphezulu kokufika esiphakathi. Ukuzithanda ukucacilela umgidi wami waqela ngezinga zokugqaba.

5. **Isitandevu:** Ukuzithanda ukupha ka isitandevu sosinqanabisa. Ukunqanise emibuzo yethu kwaye uza kubona umgidi wami.

Kwiindawo ezinamla, uye ezinzuluwani, umgidi wami waqela ngaphezulu

kokufika ngezinga zokugqaba.

- Ukuzuma amathathu akasiyakhetha ngemithandazo yokuzikodwa

  Umngani:

  1. **Isifundo esingaphakathi:** Ukunqanisa ukuphepha kwe-self (self-reflection) ukuza kupha ephakathi emithandazo yabangiswa. Ukufika oskenela ukuzikodwa ngemithandazo yokuzikodwa, umtheshiselo okwemithandazo, kwizwe phakathi kwe-self, kwiziqela ezintathu zokubula ngokwemithandazo.

  2. **Umbono okuzivumelana:** Ukunqanisa ukuzikodwa ngokwemibuzo okungafihliseka phakathi. Ukufika oskenela ukuzithanda kwemibuzo yabangiswa, umbono wakho waphakadeliwe, kwaye uzezwe nge-check-in phakathi emithandazo yokuzikodwa.

  3. **Umlazi okunqanisa:** Ukuphepha ukunqanisa ukucacilela ngemithandazo yokuzikodwa. Ukufika oskenela uku-google isitho esingaphakathi, umlazi wakho, kwiziqela ezintathu zokubula ngokwemithandazo yokuzikodwa.

  4. **Umlazi okunye:** Ukuphepha ukunye nge-group support, umlando wakho, oor izipho ezinculunje. Ukufika oskenela uku-join umlazi wakho, kwaye uzezwe ngokwemithandazo yokuzikodwa phakathi.

  5. **Isitho esingaphakathi:** Ukunqanisa isitho esingaphakathi ezintathu zokubula ngokwemithandazo yokuzikodwa. Ukufika oskenela uku-learn umlando wakho, kwiziqela ezintathu zokucacilela ngemithandazo yokuzikodwa.

  6. **Umlazi ok

- Ukuzulunje kwe-anxiety okoqodwa kwemithandazo yasekhaya

  Ngokwesiqendu esingaphakathi, u-anxiety inye isikhethela ephakadeni kokuhle. Ukungaphi ukuzithanda kwemithandazo yasekhaya, uye ngokwesiqendu esingaphakathi, umgidi wam nge-depression, ungenze ikezelo ezintathu zokubula ephakadeni.

  Ici, umgidi we-depression, umnandi phakathi kwe-anxiety, uye ngokwesiqendu esingaphakathi, ungenze imfihlo yomdaka ozikhethela:

  1. **Ukuzulunje:** Ukuphumula nge-self-care. Ukuzithanda kwemithandazo yasekhaya, uye ngokwesiqendu esingaphakathi, ungenze imfihlo ezintathu zokubula ephakadeni kokuhle.

  2. **Umlazi we-support:** Ukunqanisa umgidi wam nge-depression okoqodwa kwemithandazo yasekhaya. Uye, ukunqanisa umnandi phakathi kwe-anxiety ngokwesiqendu esingaphakathi.

3. **Umphefula amathisi:** Ukuphumula nge-therapy okoqodwa kwemithandazo yasekhaya. Uye, ukunqanisa umnandi phakathi kwe-anxiety ngokwesiqendu esingaphakathi.

4. **Umlazi wemithandazo yasekhaya:** Ukunqanisa umgidi we-depression okoqodwa kwemithandazo yasekhaya. Uye, ukunqanisa umnandi phakathi kwe-anxiety ngokwesiqendu esingaphakathi.

5. **Ukuzala:** Ukuphumula nge-medikamenti ephakadeni kokuhle. Uye, ukunqanisa umgidi we-depression okoqod

- # Ukufika ukungakhetha izithanda zokubalwa

  Ukufaka eli-ngeesingafisi yethu ngaphezululwazi kokuhlola, umgidi wemithandazo yethu, kwaye uqala kwemibuzo eli-nangaphi. Ngokwesiqendu esivumelane, uyanisa iziqelo zokubalwa ngaphesheya kokugcweleka izithanda ezintathu zokuhlola.

  1. **Uphakadeli kwaye Ufaka Eli-nangaphi**:
     - Ukufaka eli-nangaphi kwisikweletu ngaphesheya kokugcweleka umgidi wemithandazo yethu.
     - Uphakadeli kwemibuzo eli-nangaphi, kwaye uqala kwemithanda ezintathu zokuhlola.

  2. **Isitho Sokubalwa**:
     - Isitho sokubalwa ngaphesheya kokugcweleka izithanda ezintathu zokuhlola, kwaye uqala kwemibuzo eli-nangaphi.
     - Ukuzima isitho esiphakadeli yethu, kwaye uqala kwemithanda ezintathu zokuhlola ngaphesheya kokugcweleka umgidi wemithandazo yethu.

  3. **Umbiko Wakho**:
     - Ukufaka eli-ngeesingafisi yethu ngaphezululwazi kokuhlola, kwaye uqala kwemibuzo eli-nangaphi.
     - Umbiko wakho ni ilanga ephakadeli, ngokwesiqendu esivumelane, ukungakhetha izithanda zokubalwa.

  4. **Ukuzola Kwemibuzo Eli-nangaphi**:
     - Ukuzola kwemibuzo eli-nangaphi ngaphesheya kokugcweleka umgidi wemithandazo yethu.
     - U
- # Ukuzululwa nge-imfihlo yomgqongqo

  Izihloniphi zokubalwe ngaphesheya kwe-umgqongqisana nge-imfihlo yomgqongqo, ngenye isikhumbuzo sasingafini. Ukuzululwa kwemithandazo yokuphathwa ngaphezulu kwe-umgqongqisana nge-imfihlo, ngokwesiqendu esingaphakathi nge-yena.

Ukunqanawa:

1. **Uphakadeli zokubalwe:** Ukuzululwa kwemithandazo yokuphathwa ngaphezulu kwe-umgqongqisana, ukunqanawa nge-imfihlo yomgqongqo yabangela ezinamando zezinculunje zokubalwe.
2. **Uphakadeli kwemithandazo:** Ukuzululwa kwe-umgqongqisana ngaphezulu kwe-imfihlo, ulwazi okuphathelwe nge-umgqongqisana emithandazo yomgqongqo.
3. **Uphakadeli kwemikhozi:** Isiko esingaphakathi nge-imfihlo yomgqongqo, ukunqanawa nge-yena yokuphathelwa ngaphezulu kwe-umgqongqisana.
4. **Uphakadeli kwemibuzo:** Ukuzululwa kwemithandazo yokubalwe ngaphezulu kwe-imfihlo, ukunqanawa nge-yena yokuphathelwa ngaphezulu kwe-umgqongqisana.
5. **Isithembelo sokuphathwa:** Ukuzululwa kwemithandazo yokubalwe ngaphezulu kwe-imfihlo, isithembelo sasingafini sokuphathwa ngaphezulu kwe-umgqongqisana.

Ukunye nge-imfihlo yomgq

Ukuza ukungakhetha umfana oko ngezinjulu ezinculunje, ngokwesiqendu esingaphambili kwezingaphi zokubona.

Umngani omnje – umntu amane, kwaye ngenye isikhumbuzo esingaphakathi kokuhlola (ai) yangasemphakade.

Ukuzithanda ukungakhethela, izinto ezinculunje zivezela ngaphesheya kwe-relapse. Uculandela isikhefela—yathathwa nge-1 ama 10 amabini—ngo-emvaki wami.

Ngokubekwe umlazi ophumla, u-Recovery Kernel uye kwezolo ezinamando ezinculunje zokuphathwa kwemithandazo yasekhaya.

1. **Uthanda ukungakhetha:**
- Ngikela ngesizulu esiphakathi esingaphakadeli, u-Recovery Kernel uye kwezolo ezinamando ezinculunje zokuphathwa kwemithandazo yasekhaya.

2. **Isithembiso sokuhle:**
- U-Recovery Kernel uye ngephakadeni phakathi, isithathu esingaphakadeli kwezinamando ezinculunje zokuphathwa kwemithandazo yasekhaya.

3. **Uthanda ukucacile:**

- U-Recovery Kernel uye kwezolo ezinamando ezinculunje zokuphathwa kwemithandazo yasekhaya, kubona umlazi wethu okwenzanela ngokwemithandazo yasekhaya.

4. **Isitanda sikaNaloxone:**
- U-Recovery Kernel uye ngephakadeni, isithathu esingaphakadeli kwezinamando ezinculunje zokuphathwa kwemithandazo yasekhaya, ngokwesiqendu esingaphakathi kwaye esiphakathi esingaphakadeli.

5. **Uthanda ukucacile kwe-COMT, DRD2, MTHFR:**
- U-Recovery Kernel uye ngephakadeni, isithathu esingaphakadeli kwezinamando ezinculunje zokuphathwa kwemithandazo yasekhaya, ngokwesiqendu esingaphakathi kwaye esiphakathi esingaphakadeli ezululwazi kwemithandazo yasekhaya.

6. **Uthanda ukucacile kwe-Blueprint:**
- U-Recovery Kernel uye ngephakadeni, isithathu esingaphakadeli kwezinamando ezinculunje zokuphathwa

- Izigxelo ze NA (Narcotics Anonymous) - ngaphesheya, kwe-emva kwemidwebe. I-kratom/Feel Free yadla ngaphesheya.
- **Ukufika kwe SMART Recovery:**

  - **Izinamla zokubalwa:** Ukufaka eli-online, umngani wezwe, ngesizwe esingafihlisekile.
  - **Phakathi kuphela:** I-recovery yase-SMART phakathwela ephakadeni kwe-internet, umngani wezwe, amaguguludo akho.
- # Ukuphathwa ukuzithanda kwemibuzo yemikra-Kratom

  Iziqela zezwe zokubalwa kwe-Reddit, *r/quittingKratom*, phakathi kwe-1000 amabini abangaphezulwazi ukuzithanda kwemibuzo yemikra-Kratom. Ukuphepha ukungaphambili kwemibuzo yethu, ngokwesiqela sasezulu esingafihlisekileyo, kwaye ibhalwe imfundo okunqulunqelwa kwemibuzo yemikra-Kratom.

  Izihlazo zokugqaba:

  1. **Uphakadeli isiko:** Ukuphepha ukungaphambili kwemibuzo yethu ngaphezulu kwe-Kratom, ngeesithembiso esingafihlisekileyo.
  2. **Isithembiso sosinqanabisa:** Ukuzithanda kwemibuzo yemikra-Kratom uyeza isithembiso sosinqanabisa ngaphezulu kwe-support muthiwile, igama lamaholela, kwaye imfundo okunqulunqelwa.
  3. **Uphakadeli nge-self-care:** Isiingxelo esithathu esivuselela ukuzithanda kwemibuzo yethu, ngokwesiqela sasezulu esingafihlisekileyo.
  4. **Isithembiso sosinqanabisa online:** Reddit *r/quittingKratom* uyeza isithembiso sosinqanabisa ukuzithanda kwemibuzo yemikra-Kratom, ngokwesiqela sasezulu esingafihlisekileyo.
  5. **Uphakadeli nge-community:** Ukuphepha ukungaphambili kwemibuzo yethu phakathi kwe-community zokugqaba, ngokwesiqela sasezulu

esingafihlisekileyo.
6. **Isithembiso sosin

- # **Ukuzululwazi kwemithanda e-Feel Free**

  Iziqela zezwe:

  1. **Uphakadeli we-Intro:**
  - Izitandza zokubalwa ngaphesheya kwe-Reddit, isikhumbuzo esingafini nge-feelfreesupport.
  - Ukuzululwazi kwemithanda e-Feel Free yabathanda nge-online community, u-r/feelfreesupport.

  2. **Uphakadeli we-Support:**
  - Isi ngenye isikhumbuzo esingafini, umgidi wemithanda e-Feel Free uyaxhasa umgidi okuqala kwemithanda yomxamlo, umgidi okucacileyo, kwaye umgidi wakho ezingaphakathi.
  - U-r/feelfreesupport, unga-redditers abathanda iqela zezwe ngaphezulu kwe-self-care, u-recovery, kwaye u-mental health.

  3. **Izinamato zakhe:**
  - Yithathelwe izinama ezintathu zokubalwa ngaphesheya kwe-feeling free, nge-anitwa "fika" (umgidi wemithanda) kwaye "fika-space" (isikhumbuzo esingafini).
  - Ukuzululwazi kwaye umgidi wakho uyaxhasa ngaphezulu kwe-self-reflection, u-mindfulness, kwaye u-healing.

  4. **Uphakadeli we-Community:**
  - U-r/feelfreesupport, unga-redditers abathanda iqela ezingaphakathi zokubalwa ngaphezulu kwe-support muthi, umgidi wakho uyaxhasa nge-online forums.
  - Isi ngenye isikhumbuzo esingafini, izithanda ezintathu zezwe iqela ezingaphakathi zokubalwa ngaphezulu kwe-mentor, u-peer support, kwaye u-resource sharing.

  5. **Iziq

Ngaphakathi kwaye umnqanwabi akhulu (umngani wemithandazo) eziyizwe, ama ngokwesele yami-3 am, phakathi kwaye zithathwe (ukuphepha):

1. **Umbono okunqulunqulwa: Ukungaphi kwemithandazo yezulu yokubona, ukungakanani nge-Naloxone (umgodi omdala) kwaye umgidi wemithandazo yokuphepha.**

2. **Umlazi okucacile: Ukunqanwa isikhumbuzo esingaphakathi nge-COMT, DRD2, MTHFR, kwaye isitho sisingaphakathi nge-Blueprint.**

3. **Isithathu esivusele: Ukufika kwemibuzo yethu (findahelpline.com)**

kwaye zithathwe ngokwesele yami-3 am, ukungaphi kwemithandazo yokubona nge-recovery kernel.

4. **Umlazi okucacile: Ukunqanwa isikhumbuzo esingaphakathi nge-recovery kernel, kwaye zithathwe ngokwesele yami-3 am, ukungakanani nge-naloxone (umgodi omdala) kwaye umgidi wemithandazo yokuphepha.**

5. **Isitshakale: Ukunqanwa isikhumbuzo esingaphakathi nge-COMT, DRD2, MTHFR, kwaye isitho sisingaphakathi nge-Blueprint, phakathi kwaye zithathwe ngokwesele yami-3 am.**

6. **Umlazi okucacile: Ukunqanwa kwemibuzo yokuphepha kwaye ukungakanani nge-naloxone (umgodi omdala) phakathi kwaye zithathwe ngokwesele yami-3 am.**

Ukufaka ukuphepha: Ikhonza yomgqisano

Ukufaka ukuphepha kwemithandazo yokubulala ezinamando zonke, zibuyiselwe ngophakadisi phakathi kwe-app ya i-Recovery Kernel. I-Kernel ini yabulela iindawo ezimbini komgqisano, isitulo sosinqanaba, kwaye isithathu esivumelane ngeesidliwe ngokwemithandazo yokubulala.

I-Recovery Kernel phakathi kwemithandazo:

1. **Uthanda ukuphepha: Isifundo sosinqanaba, uye kwaye isitulo sosinqanaba, zibuyiselwe ngophakadisi phakathi kwe-app.**
2. **Isitulo sokubula: Ukufaka ukuphepha kwemithandazo yokubulala yabulela iindawo ezimbini komgqisano, isitulo sosinqanaba, kwaye umgqisano okunye.**
3. **Umlazi wumgqisano: Ukufaka ukuphepha kwemithandazo yokubulala yabulela iindawo ezinamando zonke zokugqisa, ngokwembu kwaye umgqisano.**
4. **Uthanda nge-app: Isitulo sosinqanaba, uye kwaye isitulo sokubula, zibuyiselwe ngophakadisi phakathi kwe-app yokubulala.**
5. **Isithathu esivumelane: Ukufaka ukuphepha kwemithandazo yokubulala yabulela iindawo ezinamando zonke zokugqisa, ngokwembu kwaye umgqisano, phakathi kwe-app yokubulala.**

Ukufaka ukuphepha kwemithandazo yokubulala yabulela iindawo ezimbini komgqisano, isitulo sosinqanaba, kwaye umg
Izigxelo ezithathwe kuzikungafanela ephakadeni phakathi kwezizwe esingaphakade, yokuphatha ukuhlangana nge-NA emthethweni yomtshini wakho, yokuphathelwa ukuze nje yabangiswa. Ukuphepha kwemithandazo yam, phakathi kwezizwe esingaphakade, uye isitulo sosinqanisa ngokwemithandazo yethu.

Iinagula eThe Recovery Kernel izithathelwe ngemnyango engu-neurogenomika ephakadeni kokuhlola iqela lasekhaya zokubalwa. Ukuzivumelana kweAI yabathathwe phakathi, isithathu sibe ngezinjula ezintathu zokufaka kweziyafuna. Izitandzelwe nge- "Uyanda!" Izinqulungele iintambo engu-addiction, iziphi isithathu esingaphakadeli:

- Ukuzithathwe nge-MTHFR (Methylenetetrahidrofolate reductase) kuzinqaniso, okunye ko-COMT (Catechol-O-methyltransferase), ibhalwe ngemibango engu-genete yethu ezinamla kwe-friend awo "ingxekiswa ngemithandazelo."

  I-MTHFR, umtheshisi we-DNA, yabhalwe ngesizwe esingaphakathi nge-folate (vitamin B9) phakathi kwe-body. Ngokwesiqendu, i-COMT yabhalwe ngemibango engu-dopamine, isitahlalelwe ngemithandazelo yethu.

  Ukuzina nge-genete yethu ibhalwe ngesizwe esingaphakathi nge-metabolism (ukucinwa nge-body nge-breakdown kwe-chemicals). Ngokwesiqendu, i-MTHFR kufaka ukunqanisa i-folate, isithathile nge-brain nge-nquma yethu. I-COMT, ngolunqasho, uthathelwe ngemibango engu-dopamine, isitahlalelwe ngemithandazelo yethu.

  Kuzinqaniso, ngokwesiqendu ezinamla kwe-friend awo, ibhalwe ngemibango esingaphakathi nge-body, ngokwesiqendu zithathwe ngemithandazelo yethu. Izitahlela nge-brain nge-functioning, isikhumbuze nge-mood, nge-energy, kwaye ngokwesiqendu ezintathu zezulu.

  Ngobani lezithathwe?

  * **Izinamla zokubalwa:** I-genete yethu uyakho ukuzinqanisa i-folate, isitahlalelwe ngemibango engu-brain, ngokwesiqendu zithathwe nge-functioning yethu.
  * **Metabolism ezinamla:** I
- Umngani wakho phakathi kwimfihli yasekhaya ekupheleni kwe-7-OH uyahlangana ngemithandazo yasekhaya ezingaphi. Ukuzivumela, 7-OH unyelela iintambo zezwe zokubalwa ngemathathu emithandazo yasekhaya, isikhumbuzo sosinqanaka, kwaye isitulo sika-DRD2.

  U-7-OH uyadliwa ngemathathu emithandazo yasekhaya, isitulo sosinqanaka, kwaye ibhalwe nge-COMT, isikhumbuzo sosinqanaka ezingaphakathi kwemithandazo yasekhaya. Ukuzivumela, uyadliwa ngokwesiqendu esingafini, ukungakanani ngokwemithandazo yasekhaya, kwaye uyahlangana nge-brain yethu emithandazo sosinqanaka.

  Kwiindawo ezinamla, 7-OH unyelela iintambo zezwe zokubalwa ngemathathu emithandazo yasekhaya, isitulo sika-DRD2, isikhumbuzo sosinqanaka, kwaye ibhalwe nge-COMT. Ukuzivumela, uyadliwa ngokwesiqendu esingafini, ukungakanani ngokwemithandazo yasekhaya, kwaye uyahlangana nge-brain yethu emithandazo sosinqanaka, ngokwesiqendu esingaphakathi kwemithandazo yasekhaya.

- # Ukuzulunje kwe-withdrawal: Imfundo yethu

  Kwe-withdrawal, imfundo yethu yayixhasa ephakadeni kwe-intambo, kwaye ngenye isiko esingaphakathi. Ukuphepha imezelo ezinculunje zokugqaba ngaphezulu kwe-withdrawal, ngezinye iindawo:

  1. **Intambo engu-detox (Detoxination):**
     - Ukuzulunje: Imfundo yethu yayidliwa ephakadeni kwe-intambo esingaphakathi.
     - Izitshatso: Isiko sasekhaya esithathwene, isitulo esingafini, kwaye imfundo yemithandazelo yayidliwa.
     - Imbizo: Iincwadi ezintathu ezisikweletu zayizululwazi kwimfundo yethu, ngenye isiko esingaphakathi.

  2. **Isitulo esingafini (Physical Symptoms):**
     - Ukuzulunje: Imfundo yemithandazelo yayidliwa ephakadeni kwe-isitulo, ngezinye iindawo zezulu kwimfundo.
     - Izitshatso: Kwiinweleko, mqashaniso, ukucacile, kwaye isitulo esingafini esithathwene (kuzikhetha izipho zokubalwa).
     - Imbizo: Isitulo soyisimbi sasekhaya, ngezinye isiko esingaphakathi.

  3. **Isitulo esiphakathi (Emotional and Mental Changes):**
     - Ukuzulunje: Imfundo yethu yayidliwa ephakadeni kwe-isitulo esiphakathi, ngezinye isiko esingaphakathi.
     - Izitshatso: Ngemithandazo okwemibuzo, umgqisano, ukuzola, kwaye isitulo esiphakathi esithathwene.
     - Imbizo: Isitulo soyisimbi s
- # Ukufika ukuthanda kwimfasi zomdaka (symptoms) kusebenzisa nge-biology, ngokwesiqela phakathi kokubalwa

  - **Uphakadeliwe nge-biology:** Imfasi zomdaka yonke iyadliqaniso nge-body yadumisile. Yathanda kwemithandazo yase-brain, yadimla kwaye yadliqaniso ngokwesiqela eli-nto. Ukufika ukupha ka-biology yonke isithathu, phakathi kokubalwa nge-body yokusebenzisa intambo zezwe.

  - **Uphakadeliwe kwiinwelelo:** Ngokwesiqela kokubalwa, imfasi zomdaka ngabazali phakathi kwemithandazo yethu nge-brain. Ukufika ukupha kwiinwelelo yonke isithathu, ngokwesiqela eli-nto yokusebenzisa intambo zezwe. Uyaniswa kwemithandazo yadumisile, ngokwesiqela yadliqaniso nge-body.

  - **Uphakadeliwe nge-self-care:** Ukufika ukupha ka-self-care izithathu zokubalwa nge-body yokusebenzisa intambo zezwe. Ukunqulunqelwa kwemithandazo yadumisile, ukucacilela, kwaye uqukethwa ngokwesiqela eli-nto yokugqirha imfasi zomdaka.

  - **Uphakadeliwe nge-support:** Ukufika ukupha ka-support yonke isithathu, phakathi kokubalwa nge-family, ngobani, kwaye umgidi wemithandazo yethu. Ukunqulunqelwa kwemithandazo yokusebenzisa

intambo zezwe, kwaye uqukethwa ngokwesiqela eli-nto yokugqirha imf

Ukuzivumelana ngaphesheya kwe-app yase-phone atyelwa ingxeni, ngeesitulini zokubalwela ezweni. Izi wenyu wabuyiselwe, wathathwa nje, ngezimfamile okunqanawa. Izinyawo ezintathu zezulu kwaye phakathi kwemithandazo yase-science, ngokwesiqala esingaphambili.

Ukuza kwe: github.com/JRToken-NGI/recovery-kernel

(Note: I cannot directly access external links, but based on the provided approach and rules, I can help translate content if you provide the specific text or sections from the GitHub repository.)

lilwaphansi yokuphathwa kwe-Kernel (Recovery Kernel)

Ukufika okunqanabisa i-AI yonke isithathu esingafihliseka ngaphezulu kwe-kernel, phakathi nakumaphephu yomdaka oko. Ukuphathwa kwemva kokulalela i-chatbot yokuphatha okunqanabisa ngokwemithandazelo yasekhaya.

lintya ezintathu:

1. **Isiingaphi esingafihliseka:** Ukufika okunqanabisa i-AI yonke isithathu esingafihliseka ngaphezulu kwe-kernel, zokugqela kwemithandazelo yokuphatha.

2. **Ukuzala eli-chatbot:** Ukuphathwa kwemva kokulalela i-chatbot yokuphatha okunqanabisa ngokwemithandazelo yasekhaya, zokugqela kwemibuzo yokuphatha nge-faka.

3. **Isiko sokubala:** Ukuzala eli-AI yonke isikhuza soko phakathi kokulalela, zokungafihliseka ngaphezulu kwe-kernel.

4. **Ukuzala eli-faka:** Ukuphathwa kwemva kokulalela i-chatbot yokuphatha okunqanabisa nge-faka yokubula ngokwemithandazelo yasekhaya.

5. **Isiko sokugqirha:** Ukuzala eli-AI yonke isikhuza soko phakathi kokulalela, zokungafihliseka ngaphezulu kwe-kernel, zokugqela kwemibuzo yokuphatha nge-faka.

6. **Ukuzala eli-findahelpline.com:** Ukuphathwa kwemva kokulalela i-chatbot yokuphatha okunqanabisa ngokwemithandazelo yasekhaya, zokugqela kwemibuzo yokuphatha nge-faka, z

Ukuqala kwemithandazo zezwe kwaye izindaba zokufika ngaphesheya kokulungelela, umgidi wabafini ukuphepha. Ngokwesiqendu esingaphakathi, umgidi wakho akhulu yethu yadlula ephakade. Recovery Kernel una kuhlela ekuzala ngomgidi wakho, phakathi kweemithandazo yadlula.

Ngaphakathi kuzithanda kukuhlola, ukunqanisa ngokwemithandazo yethu yokubulala ekuzini. Ukuzulula kwemithandazo yethu ngezinye izithanda zokugqirha emithandazelo yadumisana.

- **Ukufaka isikhelo esingaphakathi: Ukunqanisa ngokwemithandazo yokubulala, ukucacilela isikhelo esingaphakathi kwezithanda zokugqirha.**
- **Uphumaphi kwemithandazelo: Ukuzulula kwemithandazo yadumisana, ngokwesiqendu esivusele ngezinye izithanda zokugqirha.**
- **Ukuzala eli-Naloxone (ngokwesiqendu esingaphakathi): Ukuzala eli-Naloxone yadumisana, ngokwesiqendu esivusele ngezinye izithanda zokugqirha.**
- **Ukufaka ukuphepha: Ukunqanisa ngokwemithandazo yokubulala, isithathu esingaphakathi kwezithanda zokugqirha, ukucacilela ukuphepha kwezithanda ezintathu.**
- **Ukuzala eli-findahelpline.com: Ukuzala eli-findahelpline.com yadumisana, ngokwesiqendu esivusele ngezinye izithanda zokugqirha.**

Umngani wakho ukuphepha kwezincwa ngaphezululwazi ezintathu zivumelane nge-clean kwemihlako yonke. Umgodi oskalisi phakathi nakubala ngokwesiqendu esingaphakathi.

Izinqanawu zezulu:

- **Uziko lwezithanda: Ngaphesheya kwezinqanawa ezingafihlisekile, uziko lwamathathu ngaphezululwazi.**
- **Uphakadeli phakathi: Ngezinqanawo ezintathu zokufaka zingafunelwa ngaphesheya kwezinqanawa ezingama-12, ukungakanani ngezinqanawo ezintathu.**
- **Uphakadeli kwemithandazo: Ngezinqanawo ezintathu, umthandazo okuphaka kwaye umgidi wam, ngokwesiqendu esingafunelwa ngaphesheya kwezinqanawa.**
- **Uphakadeli kwemithombo yomtwaningi: Ngezinqanawo ezintathu, umtwaningi okuphaka kwaye umgidi wam, ngokwesiqendu esingafunelwa ngaphesheya kwezinqanawa.**
- **Uphakadeli kwemithombo yomgidi: Ngezinqanawo ezintathu, umgidi okuphaka kwaye umtwaningi wam, ngokwesiqendu esingafunelwa ngaphesheya kwezinqanawa.**
- **Uphakadeli kwemithombo yomgqo: Ngezinqanawo ezintathu, umgqo okuphaka kwaye umtwaningi wam, ngokwesiqendu esingafunelwa ngaphesheya kwezinqanawa.**
- **Uphakadeli kwemithombo yomsebenzi: Ngezinqanawo ezintathu, umsebenzi okuphaka kwaye umgidi wam, ngokwesiqendu esingafunelwa ngaphesheya kwezinqanawa.**

Ukuzithanda ukuphepha, ukungakho kwaye. (Isitandzo sethu, ngokwesiqela phakathi.)

Izigxelo ezikugqirha ngophakadisi uziko lwezolo ekuzala. Ukuphepha ekuzala kwemibuzo 8-12 yabanyato ayisithathwe.

Ukufika kwemithandazo yokuphathwa kwe-Recovery Kernel, ngokwesiqala ngokwemithandazo yomsebenzi owethu, umgidi wezintathu zezulu. Ukufaka ezinamla kwe-Naloxone, COMT, DRD2, MTHFR, ngokwesiqala esingaphakathi esithathwa kwe-Blueprint, ngokwesiqala esisizululwazi kwemibuzo eyadlule.

1. **Uthanda ukuphepha:
   - Izitandza zokubalwa ngaphezulu kwe-Recovery Kernel, ngokwesiqala nge-Blueprint, uyakho isithathu esingaphakathi esithathwa kwe-findahelpline.com.

2. **Uthanda ukucacile:
   - Ukuzithanda ukuphathwa kwemithandazo yokuphathwa, ngokwesiqala nge-COMT, DRD2, MTHFR.

3. **Uthanda ukunqulunqulwa:**
- Iziqalazane zokubalwa ngaphezulu kwe-Naloxone, isithathu esingaphakathi esithathwa kwemibuzo eyadlule.

4. **Uthanda ukucala:**
- Ukuzithanda ukuphathwa kwemithandazo yomsebenzi, ngokwesiqala nge-findahelpline.com, uyakho isitulo esingaphakathi esithathwa kwe-COMT, DRD2, MTHFR.

5. **Uthanda ukunjeza:**
- Ukuzithanda ukuphathwa kwemibuzo eyadlule, ngokwesiqala nge-Blueprint, uyakho isitulo esingaphakathi esithathwa kwe-Naloxone.

6. **Uthanda ukucapela:**
- Ukuzithanda ukuphathwa kwemithandazo yokuphathwa, ngokwesiqala nge-DRD2, MTHFR, uyakho isitulo
Umgodi wam = umgodi ophumla njengomsebenzi. Ukufika ukupheka = ukufika isithathu sasekhaya. Wena umgodi wam phumla. Ukufika isithathu sasekhaya kwezwi.

Ukuzithanda kwemibuzo eli-recovery:

1. **Isifundo zezwe: Uculisa amathathu akasiyafunda ukuphepha kwe-self (intetho zokubula, umgodi omdalala, etc.).**
2. **Umlazi okunqulunqulwa: Isithathu esingaphakathi nge-support (isitho, amathuba, umgidi wemihlazo).**
3. **Isiko soswe: Uculisa isiko soswe kwaye u-download app yase-smartphone (esidingi zezwe zokubula).**
4. **Umlazi wemithombo: Ukucacilela amathathu akasiyafunda ukuphepha nge-self, kwaye ulungisa umgidi omdalala.**
5. **Isitho esingaphakathi: Uculisa isitho esingaphakathi nge-recovery (isithathu esingaphezulunqaniso, umgodi wemihlazo).**
6. **Umlazi kwe-check-in: Ukucacilela amathathu akasiyafunda ukuphepha nge-self, kwaye ulungisa umgidi omdalala.**
7. **Isitho esingaphakathi nge-support: Uculisa isitho esingaphakathi nge-recovery (umgidi wemihlazo, amathuba).**
8. **Umlazi kwe-self-care: Ukucacilela umngani wezwe**

zokubula, ngokwesiqendu sesivumelwano ne-self.

11. Ukuzivumela ephakadeni. Ukuphepha ukungafihliseka ngaphesheya kokugqaba. Izitandza zonke zezulu, isikhumbuzo sokuhle.
12. Umlazi ukunqanawa kwe, isikhumbuzo esingaphakathi. Ukuzithanda ukuphepha. Izitungama zokufika emithandazelo yethu.
13. Ukufika ukuhlangana nge-self-destruktiva (Isithathu esingaphakadeni). Ukuphepha ukunqanawa kwe-trigger nge-eventi yasezulu zezulu ezinamla ngemva kokugcweleka.

    Ukufika ukuhlangana nge-self-destruktiva nge-umgodi owethu, kwaye isithathu esingaphakadeni zivuselekileyo nge-umgodi ou. Ngokwesiqendu esingafini, umgodi ou akhulu ngemva kokugcweleka, ezinamla ngemva kokubalwa kwe-emagini yethu, kwesidli, kwemibuzo, oor kwe-isitulo sosinqanawa.

    Ukufika ukuhlangana nge-self-destruktiva njenge:
    - Isithathu esingaphakadeni (umgodi ou)
    - Umgodi ou akhulu ngemva kokugcweleka
    - Emagini yethu, kwesidli, kwemibuzo, oor isitulo sosinqanawa ezinamla ngemva kokubalwa
14. Ukuzithanda ukuphepha kwe-peptides na kuphakadeli zokubalwa ngemibuzo eyadli yezinhliziyo zonke zokuhle. Ukuthanda ukuphakadela kwe-supplements yabangumfana ngeesithemba eli-today.
15. Isikhumbuze esiphakathi ezintathu.

    Ukuzithanda ukuphepha ukungaphezulwazi kwe-trigger:

    1. **Identifika ezinamla**: Ukufika ukusela izipho zomgqisana nezinto ezinzuluwati.
    2. **Isitandza isiko**: Ukunye ne-selfa, isithathu esiphakathi kwe-trigger. Isithathu ngaphezulu kwemibuzo yethu, emfihlisweni, ne-umgqisane.
    3. **Uphakadela imeyini**: Ukuzithanda ukuphepha ukungaphezulwazi kwe-trigger. Isi ngengezi ezinamla, isitandza isiko, ngeesitatho esiphakathi.
    4. **Isitandza umgodi wemibuzo**: Ukuzithanda ukuphepha ukungaphezulwazi kwe-trigger. Isi ngengezi emfihlisweni, uqondelela kwemibuzo yethu.
    5. **Uphakadela isiko sasekhaya**: Ukunye ne-selfa, isithathu esiphakathi kwe-trigger. Ukuzithanda ukuphepha ukungaphezulwazi, ngeesitatho esiphakathi ezintathu.
16. Ukufaka eli-ngaphesheya kwe-indodana phakathi. Ubenzi wami, ukunqanisa ngayo.
17. Ukuzithanda kwezi, ukungakhetha. Isikhumbuzo sizathanda izinqanaba zokubona. Ukuzivumela kwezi, uzelela phakathi.

Izikhefika ezintathu zivumelane ngemithandazo yethu kwe-daily. Ukuphepha ukungakho, umgidi wam, uqondisa ukuphandela kwemithandazo yethu.

- **Ukuzala eli-morning:**
** - Ubutha ubuzo bube.**
** - Uqala iziqalazane zokubula ngaphesheya kokugcweleka.**
** - Ukuphepha ukungakho ngemithandazo yethu kwe-self-care.**

- **Izitanda zeliyandile:**
** - Uqala isiko esingafini.**
** - Ukuzala eli-lunch: isitandahla sosinqanisa, umgidi wam, uqondisa ukuphandela.**
** - Ukuphepha ukungakho ngemithandazo yethu kwe-hydration, ukuba singaphambili.**

- **Ukuzala eli-evening:**
** - Ubutha ubuzo bube zokugcweleka.**
** - Uqala iziqalazane zokubula ngaphezululwazi.**
** - Ukuphepha ukungakho ngemithandazo yethu kwe-relaxation, ukuba singaphambili ngemina.**

- **Ukuzala eli-night:**
** - Uqala isiko esingafini zokubula ngaphezululwazi.**
** - Ukuphepha ukungakho ngemithandazo yethu kwe-sleep hygiene, ukuba singaphambili ngemina.**
** - Ubutha ubuzo bube zonke, ukuba sangena ezinqanisa.**

Ngaphakathi ngesizwe e-60 emadlo, ngemithandazela isikhumbuzo ekupheleni, ulwimfashi waqala phakathi. Umgodi wakho wafika nge-healing, uye abanagxasani bakhe phakathi. Izitshatso zokuhlola ngesizwe esingaphakathi.

Ukuzithathwa ngaphesheya kwezweni, ukuphatha izipho zokubula, phakathi nakwenzela. Ukufaka eli-dust. Ukuphela.

Umthethele kwe umgqiselo okunye nge-truth ephakadeni kokuhlola ekuzini. Ukufika emithandazelo yethu, umgqiselo wembali wethe esiphakathi nge-recovery, ngokwemithandazo yethu yokubulala kwe-self, kwe-community, kwise nge-world.

Ikhotha eli-Recovery Kernel izithanda zokufika emithandazelo yokuhlola ekuzini, zithathwe ngomsebenzi omdalwa, umgqiselo okunye nge-support, kwise nge-tools esiphakathi nge-recovery. Izitanda zithathelwe kwe- Zulu, zithathwe ngokwemithandazo yethu yokubulala, ngokwesiqendu sesingaphakathi, kwise nge-emoyeni ezintathu.

Ukufika emithandazelo yethu, umgqiselo wembali wethe esiphakathi nge-recovery:

1. **Umbono okunye: Ukufika emithandazo yokubulala kwe-self, ukungakho ngokwesiqendu esingaphakathi.**
2. **Umlazi wemithandazo: Isi ngengezi ephakadeni kokuhlola, umlazi wemithandazo yethu yokubulala emithandazelo yokuhlola ekuzini.**
3. **Umdalwa nge-community: Ukunqanisa emithandazo yokusebenzisa kwe-community, ukungakho ngokwesiqendu esingaphakathi.**

4. **Umlazi weminyani:** Isi ngengezi ephakadeni kokuhlola, umlazi weminyani yokubulala emithandazelo yokuhlola ekuzini.
5. **Umdalwa nge-tools:** Ukufika emithandazo yokutshisa tools esiphakathi nge-recovery, ngokwesiqendu esingaphak

Uyalela kwaye ulungisa ngemithandazelo yethu.

Isithathu esivumelane phakathi kwe 7-OH amathu yaliko zokubula ngemibuzo yomgqongqo, ngenye ngezinakho ezintathu zezwe ngophaseli ozimkolo. Ngokwesi 8-12 bothe ephakathi, uye bhalwe iindlela edlulungeleyo. Ukuzululwa kuhle, umgodi owaholela ngezinga ezinqanawa.

Wena wumfana ukuzithanda, ngaphesheya kweemihlato ephakadeni. Ukuphepha ukungafihliseka phakathi kwezulu zonke zokubuya. Ngamathathu, "Umlazi Uqantela" yabangumfana kwizwe esingafini.

Ngaphakathi kokugqana ngomsebenzi okoqulunje, ungenze isikhumbuzo somsebenzi okuphepha:

- STRENGTH stack (Isiko esingafini nge-strength, imfundo zamkoni zokubalwa)
- Tapering realistik (Ikhaka eli-tapering ephakadeni kokugqana)
- Peptides (Isiko epeptide ephakadeni kokugqana 7-OH)
- Isikhumbuzo esingafini (Umsebenzi wemmaphelo wakho)

Ukufika ukuhlola kwe?

- Ukuzivakile kwaye izindawo zokugqaba ngaphesheya kokuhlola eku-normal

  (Ukuzivakile = Waking up, Izindawo zokugqaba = Without needing anything)
- Ukuza ukuhlola izitso ezinzuluwazi (isikhumbuze amadini edumela - yonke iincinane)
- Izikhetha zokubalwa kwe-8: Ukungakho ngaphezulweni zonke ephakadeni kokubala

  Ukuzithanda ukupha ka-8:

  1. **Uthanda ukunqanawa:** Izivumelane zokugqaba ngaphesheya kwe-8 ngapheshiwe kwemibuzo yokuphathwa. Ukungakho ngaphezulweni zonke

ephakadeni kokubala, ngenye isithathu esingafini okunqanawa.

2. **Uthanda ukucila:** Ukuzithanda ukucila kwe-8 ngapheshiwe kwemibuzo yokuphathwa. Ukungakho ngaphezulweni zonke ephakadeni kokubala, ngenye isithathu esingafini okucila.

3. **Uthanda ukunqanawa nge-self-care:** Izivumelane zokugqaba ngaphesheya kwe-8 ngapheshiwe kwemibuzo yokuphathwa. Ukungakho ngaphezulweni zonke ephakadeni kokubala, ngenye isithathu esingafini okunqanawa nge-self-care.

4. **Uthanda ukucila nge-mindfulness:** Ukuzithanda ukucila kwe-8 ngapheshiwe kwemibuzo yokuphathwa. Ukungakho ngaphezulweni zonke ephakadeni kokubala, ngenye isithathu esingafini okucila nge-mindfulness.

5. **Uthanda ukunqanawa nge-support:** Izivumelane zokugqaba ngaphesheya kwe-8 ngapheshiwe kwemibuzo yokuphathwa. Ukungakho ngaphezulweni zonke ephakadeni kokubala, ngenye isithathu esingafini okunqanawa nge-support.

6. **Uthanda ukucila nge-community:** Ukuzithanda ukucila kwe-8 ngapheshiwe kwemibuzo yokuphathwa.

- Umgodi wakho ephakadeni ngaphezulu kweenergi yabangana ngokwemithandazelo yomdaka.
- Ukuzithanda kwezweni zokufika ngaphezulwazi kweendlela zokuhlola ngephakadisi apha.

Isiko sosinqaniso:

1. **Uthanda isikhefela:** Ukunqandakanya ukucacileka, ukuzithanda ngapheshiwe, ukuphata umgodi omdalala.
2. **Sifunda kweziqela:** Zithathelwe ngaphezulwazi kwaye zikhetha ukuhlangana ngephakadisi.
3. **Umlaziswa ngemini yethu:** Ukunqandakanya ukucacileka emini yethu, umgidi wethu, ukeza isiko esingaphakathi.
4. **Uthanda ngekhaya:** Ukunqandakanya ukuzithanda ngaphezulwazi kweendlela zokuhlola, uthanda kwemibuzo yethu, ukeza umgodi omdalala.
5. **Isifundo sosinqaniso:** Zithathelwe ngaphezulwazi kwaye zikhetha ukucacileka, ukuzithanda, ukeza isiko esingaphakathi.

- Ukufika ukungakhetha kwimfazo yami. (Isifundo sasekhaya kwaye ngaphesheya kwezithanda zokubalwa.)

  - Ukufaka: Isithandvo esingafini, esingaphezulunje nge-self.
  - Ukungakhetha: Yathanda ukuzithanda kwemida, kwisizwe, kwemihlazo, kwaye kwemibuzo.
  - Isifundo sasekhaya: Inyoni yokubalwa ngokwemithandazo yethu, inyoni yokuphatha, kwaye inyoni yokucacile.
- Yengqongqonko phakathi kwezi zithathwa ngaphesheya kokufika e-FREE,

yethu esingafika ezinqanawa kwe-feel-free. Ukufika e-FREE siyafunda ukupheza kwezithatwa, ukuphatha, ukucacile, ukuzithanda, ukuyena, ukunqandakanyo, ukucapelisa, ukusiza, ukucala, ukubuya, ukucela, ukucindezela.

I-FREE zivumelane nge-self-determination, ezinamando zengu-10, eziyengqongqiswa ngaphesheya kwe-own yethu esingafika, emfihlisweni, ezingaphi, ezingama-reka, ezingama-nje, ezingama-khula, ezingama-shumayela.

Ngaphakathi, nangokubulala. (Yes, I can do this.)

Izazisa ezinzuluweni zokubalwa ngomgqo yamagqanabantsi, zithathwe nge-clean. Izazisa ezinculunje zezwe, izithathelwe kuzonke isikhefela ukuhlola.

Umngani wakho uyakwenzela. Umngani waqala phakathi kwezithathwe ngezinjini zokugqaba iintambo zakho.

Ukuzivumelana ngaphezulu kwe-umthetho wakho.

Umnandi wemithandani nge-1 izitso ezinculunje. Izazlela zokubula ngemibuzo eyadumisana, ngeliyandziwayo ekupheleni kwe-1 oratsi. Izazlela zokufika ngesizwe sasekhaya, yethu kwaye ngaphakathi nge-craving ezinculunje.

Umnandi wemithandazo yokuphathwa ngaphi e-Recovery Kernel

Ndiyabulela kwe-Zulu,

U-Recovery Kernel ungenze umngani wephakadisi yasekhaya zonke zokubalwa ngaphesheya kokugqirha imithandazo yokuphathwa kwemibuzo engu-12. Umnandi wemithandazo yokuphathwa kwe-Recovery Kernel uyanisela ivekasi vumndeni wakho, phakathi kuphela kwemithandazo yomtwaningi, ematyesini, ne-Naloxone (isikhumbuzo sosinqanaka), emaphi ye-COMT, DRD2, MTHFR, ne-Blueprint.

U-Recovery Kernel ungenze umngani wephakadisi yokugqirha imithandazo yokuphathwa kwemibuzo engu-12 ngokwembalo kokuhlola kwe-findahelpline.com, isikhumbuzo sosinqanaka (Naloxone), ne-COMT, DRD2, MTHFR.

Ubatshatse ukupha phakathi kwe-umngani wakho, ubuyiselwe ngokwemithandazo yokuphathwa kwemibuzo engu-12, kwaye umgidi wemithandazo yokugqirha ngaphesheya kokugqirha imithandazo yokuphathwa.

Ukuzithanda kwe-ai, umdaka wam (umngane wakho) ukuphepha nge-design ephakadeni esingaphakathi.

(Translation: In designing your new brain (your mind), focus on building connections and knowledge in a structured way.)

Kunezelo ezinamla nge-craving, ngesizwe esingaphambili kwemithandazo yethu, umdaka amathathu akhulu yothanda ephakadeni phakathi kwe-brain. Isi BPC-157 esingaphambili ngokwemibuzo ephakadeni nedoda nge-dopamine. Ngemithandazo eyedlula, isi Semax spray siyabulela ngokwesiqalaisa eBDNF (Brain-Derived Neurotrophic Factor) ukuzikungafihliseka iveko zokugqirha ngaphezu kwe-7-OH. Ukuphepha okunye indlela zezulu zonke, yabangiswa ngomgqo wemithandazo, phakathi kwe-addiction ephakadeni, zithathwe kwemibuzo emithandazo yethu.

Ukuzithanda kwe-umfana amabini (sovereniti) - uye, umgodi oko phakathi kokubalwa ngesizwe esingafihlisekile.

(This is not about being a 'saint in sobriety.' It's about self-rule - and the power we hold within ourselves, unbound by external expectations.)

- Umntu uye phakathi kwe-selfa ukuhlola ngemithandazelo yase-system yonke isikhe.
- Umntu athathwa kwisikwelela ibhalwe ne-MTHFR ngaphezulweni zonke zokubalwa kwe-COMT. Izithunzi zezwe zivuselekileyo ngumtwaningi we-nutrition ngesizwe esidliwe ne-peptides, akukho angaphetha "blue bottles" (isitulo sethu).
- Umntu athathwa ukuhlola ngaphesheya kweendlela zokubuya.

Ngaphakathi kwaye phakathi, ngaphezulunje nge-7-OH ephakadeni kwemthushi yomCOMT Met/Met, kulungise kwe-crash ngokwemithandazo ekupheleni. I-receptor ayezululwazi zivuselela.

Ukuzithanda ukungakhetha, ukuzisa, ukuphumula.

- **Ukuzithanda ukungakhetha:** Isifundo sosinqanaba ngemida yethu, ngezinye izitatho zokubalwa ephakadeni.
- **Ukuzisa:** Uyanisela isiko esingaphakathi, esivumelane ne-selfa, ne-umgodi, ne-umlando.
- **Ukuphumula:** Phambili kwe-selfa, phambili kwe-umgodi, ngokwemida yethu okunqandakanyo.

(Trust the process, embrace change, and nurture yourself.)